**HEALTHCARE TRANSITION RESOURCES**

1. Adolescent Health Transition Project (AHTP): A resource for teens and young adults with special health care needs, chronic illness, physical or developmental disabilities – <http://depts.washington.edu/healthtr>
2. Transition Process:
3. Learning about health:

* Wellness
* Mental health
* Oral health
* Vision/hearing
* Equipment/technology
* Reproductive/sexual health
* Diagnosis specific health information

1. Preparing for transition:

* Becoming aware of what is involved in health transition for your situation
* Starting and keeping a health history
* Learning skills related to health and health care
* Maintaining health insurance coverage
* Taking over more control of self-care and self-advocacy
* Planning for emergencies or unexpected events

1. Using the adult system
2. Transition Resources:
3. Tools:

* Forms
* Checklists
* Guides
* Booklets

1. Websites:

* Health
* Transition
* Health transition
* Diagnosis specific

1. Support and advocacy groups:

* Teens
* Young adults
* Families

PDF’s on Website:

Being a Healthy Adult: How to Advocate for Your Health and Health Care

Teenagers: How to Stay Healthy

Wellness Resources from CDC

Emergency Preparedness at Home for People with Disabilities: Guidelines

Mental Health Issues for Adolescents and Young Adults

Tips for Coping with Stress after A Tragedy

Factsheet: Depression and Suicide in Teens

Questions and Answers on Mental Health Disorders

Navigating Tunnels and Cliffs: Empowering Families and Caregivers to Assist Your with Mental Health

Needs in Preparing for Work

Treatments for Depression

Oral Health: Overview and Resources

Vision Concerns

Hearing Concerns

Caring for Your Wheelchair

What you need to Know about Assistive Technology

Thoughts on Relationships and Sexuality

The Need for Relationships and Sexuality Education

Talking About Relationships and Sexuality

Sexuality Education: Some Thoughts and Tips for Parents

Sexual Abuse and Disability with Resource List

People with Intellectual Disabilities and Sexual Violence

Resources on Sexuality and Relationships

Knowing About your Special Health Care Need

Transitions: A Guide to Getting Older and Changing Health Care Providers

Health History Summary

How to Use the Health History Summary

Health Care Tools and Checklists

Health Care Skills Checklist

Health Insurance Resources

Parent-Child Shared Management

Teen Seizure Action Plan

Emergency Preparedness at Home for People with Disabilities: Guidelines

Making the Most of a Health Care Appointment

Finding and Using Adult Health Care

Questions Many Teens Ask

Communicating with Doctor and Other Health Care Providers

What is a Health Advocate?

Health History Forms

Health Skills Checklist

JaxHATS Transition Readiness Tool

Transition Developmental Checklist

Health Care Transition Planning Guides in Three Ages

Transition Health Care Checklist: Preparing for Life as an Adult

Transition Health Care Checklist: Transition to Adult Living in Pennsylvania

Transition to Adult Health Care: A Training Guide in Three Parts

Transition Timelines for Chronic Illness/Physical Disability and Developmental Disabilities

Tips Brochures for Teens and Parents/Families

Parent-Child Shared Management

Autism Speaks Transition Toolkit

Autism, Epilepsy and Seizures

Cerebral Palsy Transition Toolkit

Additional Websites Mentioned:

Teens Health-Diseases and Conditions Website: <http://kidshealth.org/teen/diseases_conditions/>

Overview of Health Transition: This is Health Care Transition Video: [www.ichp.ufl.edu/videos/tihct](http://www.ichp.ufl.edu/videos/tihct)

Talking with Your Doctor: <http://hctransitions.ichp.ufl.edu/gladd>

Questions You Can Ask Your Doctor: <http://www.nei.nih.gov/health/talktodoc.asp>

Guidelines from the National Network of Libraries of Medicine to help decide if information found is

right for you:

* English-How to decide if the information you are looking at is trustworthy: <http://nnlm.gov/pnr/hip/criteria.html>
* Spanish: Como puede saber si la informacion le sirve? <http://nnlm.gov/pnr/hip/informacion.html>

The Center for Children with Special Needs (at Seattle Children’s Hospital): <http://cshcn.org/teens>

Health Care Transition Initiative: <http://hctransitions.ichp.ufl.edu/index.php>

Florida Health and Transition Services (HATS): [www.floridahats.org](http://www.floridahats.org)

Healthy Transitions: Moving from Pediatric to Adult Health Care: <http://healthytransitionsny.org>

Transition Resources and Staying Healthy Resources: <http://chfs.ky.gov/ccshcn/ccshcntransition.htm>

Got Transition? [www.gottransition.org](http://www.gottransition.org)

Royal Children’s Hospital Melborne: [www.rch.org.au/transition/index.cfm?doc\_id=8143](http://www.rch.org.au/transition/index.cfm?doc_id=8143)

Bloorview Kids Rehabilitation Hospital in Toronto:

[www.hollandbloorview.ca/resourcecentre/transitions/adultservices.php](http://www.hollandbloorview.ca/resourcecentre/transitions/adultservices.php)

Teens Health: <http://kidshealth.org/teen>

Washington State Medical Home: [www.medicalhome.org](http://www.medicalhome.org)

1. The Health Care Transition Initiative at the University of Florida: Improving the transitioning process from pediatric to adult health care

<http://hctransitions.ichp.ufl.edu/about.php>

1. Available Products:

PDF’s (All are available in both English and Spanish):

Since You’re Not a Kid Anymore

Now that You’re in High School

When You’re 18

Envisioning My Future: a Young Person’s Guide to Health Care Transition

Health Care Transition Planning Guides (12-14; 15-17; 18+)

Videos:

Talking With Your Doctor

This is Health Care Transition

Health Care Transition: College and Beyond

Health Care Transition: Jim’s Story

Online Training:

Health Care Transition Training Program for Professionals-Training curriculum providing information to professionals to help prepare youth with chronic health conditions and disabilities to transition to adult care: <http://www.aheceducation.com/ELearning/CouseCatalog.aspx>

Talking with Your Doctor and Other Healthcare Professions-Includes videos, tips and strategies to help youth and young adults communicate more effectively with health care providers: <http://hctransitions.ichp.ufl.edu/gladd/>

Health Care Transition Training Program for Families and Youth-Designed to help young people and their families with the process of planning for and successfully completing a transition: <http://hctransitioins.ichp.ufl.edu/ddcouncil/>

1. Healthy Transitions: Moving from Pediatric to Adult Health Care: Provides pdfs, audiobooks, videos, and guides in both English and Spanish for topics involving healthcare transition, many of them overlooked.

<http://healthytransitionsny.org/>

PDF’s/Audiobook Topics:

Scheduling an Appointment

Scheduling Transportation

Paperwork at the Sign-in Desk

Speaking Up at the Doctor’s Office

Calling in a Prescription Refill

Setting Health Goals

Healthy Transition Videos-Moderator Guide

Videos:

Scheduling an Appointment:

Scheduling a medical appointment

Scheduling transportation

Paperwork at the sign-in desk

Is the doctor’s office accessible?

Preparing for an IV or blood draw

Preparing for an operation

On the day of surgery

Getting Health Insurance:

Are therapies covered?

Beware of timetables

Insurance options before age 18

Deciding About Guardianship:

Decision-making with circle of support

Alternatives to guardianship

Guardianship, a parent’s perspective

17-A surrogate court procedure act

Speaking Up at Doctor’s Office:

Using a dynamic display device

Role of aides at medical appointments

Acknowledge circle of support

GLADD

Speak up

Askme3

Understanding my Disability:

The pre-employment physical

Keeping a health diary

Managing Medications:

Brown bag medications

My med schedule.com

Prescription labels and organizers

Keeping a Health Summary:

Keeping a health summary

The transition information form

Looking into Service Coordination:

Meeting with your service coordinator

Finding an effective service coordinator

Developing a safety plan

Creating an individualized service plan

Setting Health Goals:

My health, my choice, my responsibility

Self determination and health

How to use the transition checklist

Finding Community Resources (NY):

Summer camp

VESID and job placement

Circle of support

OMRDD part I

OMRDD part II

Independent living centers

Overlooked Topics/Documents:

Transition Information Form

Visit Planner

Appointment Scheduler

Things We Can Do to Make Visits Easier

Goal Setter

Transportation Scheduler

Insurance Checklist

Guardianship Checklist

Our Requests for Doctors, Dentists, and Office Staff

Service Coordination Flowsheet

Equipment Order Flowsheet

My Health, My Choice, My Responsibility

My Medschedule

Planning for the Future

Health Information Document

1. The Center for Children with Special Needs, Seattle Children’s Hospital: Provides planning and record keeping documents for teens and parents

<http://cshcn.org/planning-record-keeping>

PDF’s/Forms Available:

Teen Care Notebook:

Entire notebook can be downloaded

Specific pages are available for downloading

* Hospital information list
* Medical/dental care providers list
* Home care providers list
* Therapists list
* Pharmacy list
* Special transportation list
* Teen family information list
* Insurance/funding sources list
* Care schedule
* Appointment log
* Medical/surgical highlists
* Lab work/tests/procedures lists
* Equipment and supplies list
* Medications list
* Diet tracking form
* Hospital stay tracking form
* Medical bill tracking
* Making a calendar
* Notes

Care Plans for Teens:

Getting to know me

What’s the plan?

In case of emergency

1. Got Transition? MCHB funded project, currently still in the development stage, containing resources for youth, families, and providers, as well as other state innovations regarding health care transition.

<http://www.gottransition.org/>

Resources:

Websites:

* Healthy Transitions- <http://healthytransitionsny.org/>
* Health Care Transitions- <http://hctransitions.ichp.ufl.edu/products_online.php>
* Healthy and Read to Work- <http://web.syntiro.org/hrtw/index.html>
* TeensHealth- <http://kidshealth.org/teen/>
* Advocates for Youth- <http://www.advocatesforyouth.org/topoics-and-issues>
* KASA- <http://fvkasa.org/resources/health.php>
* Talking with Your Doctor (PDFs and audio files in both English & Spanish)- http://rwjms.umdnj.edu/boggscenter/products/BeingaHealthyAdultHowtoAdvocate forYourHealthandHealthCare

PDF’s:

* Communicating with Doctors and Other Health Care Providers
* Finding Adult Health Care
* Being a Healthy Adult: How to Advocate for Your Health and Health Care
* It’s Time to Transition

State Innovative Websites:

Florida-FloridaHATS- <http://www.floridahats.org/>

Maryland-Maryland Transitioning Youth- <http://www.mdtransition.org/>

Montana-MYTransitions- <http://www.montanayouthtransitions.org/>

New York-Healthy Transitions- <http://healthytransitionsny.org/>

North Carolina-MAHEC CHAT Project- <http://www.mahec.net/quality/chat.aspx>

Washington-Adolescent Health Transition Project-

<http://depts.washington.edu/healthtr/process/learning.html>

1. Health Care Transition Resources-the CHAT Project: Provides guides and toolkits for providers, youth, and parents to help youth transition from pediatric to adult health care.

<http://www.mahec.net/quality/chat.aspx>

Documents:

CHAT Provider Brochure

CHAT Teen Brochure

CHAT Health Care Provider’s Guidelines and Toolkit

Provided in toolkit:

* Core knowledge and skills for pediatric practices
* Transition checklist and timelines
* Changing role for youth
* Changing role for families
* UNC STARx self-assessment tool
* TRANSITION scale (provider administered)
* Transition information form
* HRTW portable medical record form
* Emergency information for children with special needs
* Transition action care plan
* Health care skills checklist

CHAT Youth Guide

CHAT Youth Toolkit

CHAT Family, Parent, Caregiver’s Guide

CHAT Family Toolkit

DD Fact Sheet

Patient Centered Medical Home Fact Sheet

Allied Health Fact Sheet

Videos:

Family Perspectives Transition Video Series for Families

* Community support groups
* Finding an adult provider
* Medication management
* Health literacy
* Success stories

1. Health Services Training Project, UCP of Greater Birmingham: Six video training modules for individuals with disabilities and health care providers.

<http://www.ucpbham.com/our-programs/health-and-wellness-program/education.html>

For Persons with Disabilities:

Preparing to Visit Your Healthcare Provider

Staying Healthy Between Doctor Visits

Using the Internet

For Health Care Providers:

Preparing to Treat

Practice Accommodations

Disability Etiquette

1. Good 2 Go Transition Program, The Hospital for Sick Children.

<http://www.sickkids.on.ca/myhealthpassport/>

My health passport is a customized, wallet-sized card to give instant access to medical information.