

Transition to Adult HealthCare Guideline for Dependent Youth

This guideline identifies tasks that could help when transitioning to adult healthcare. Each age level lists new tasks to do **in addition to** the items in the previous age. Some youth may be ready to do these tasks earlier, while others may start at a later age. **Not all tasks are applicable to everyone.**

	At around ages 12-14	At around ages 14-16	At around ages 16-17	At around age 17+
APPLY FOR:	<ul style="list-style-type: none"> <input type="checkbox"/> Social Insurance Number (SIN) <input type="checkbox"/> Bank Account 	<ul style="list-style-type: none"> <input type="checkbox"/> Government issued photo I.D. 	<ul style="list-style-type: none"> <input type="checkbox"/> Adult Funding* – Persons with Developmental Disabilities (PDD) 	<ul style="list-style-type: none"> <input type="checkbox"/> Adult medical and dental insurance* <input type="checkbox"/> Guardianship and Trusteeship* <input type="checkbox"/> Day programming through PDD <input type="checkbox"/> Adult Home Care* – If doing SMC, attend orientation <input type="checkbox"/> Adult Funding* (i.e. Assured Income for the Severely Handicapped – AISH)
LEARN ABOUT:	<ul style="list-style-type: none"> <input type="checkbox"/> Youth's medical condition, allergies, medications, treatments, and prognosis <input type="checkbox"/> Talking to the healthcare team <input type="checkbox"/> How your role may change with transition to adult healthcare <input type="checkbox"/> Support groups and opportunities to connect with other families transitioning to adult healthcare <input type="checkbox"/> Healthy lifestyle choices for you and your family <input type="checkbox"/> Public transportation and/or ACCESS Calgary 	<ul style="list-style-type: none"> <input type="checkbox"/> Community resources that support transition to adulthood <input type="checkbox"/> How medications can react with other medications, street drugs and alcohol <input type="checkbox"/> Confidentiality, informed consent, and patient rights 	<ul style="list-style-type: none"> <input type="checkbox"/> Differences between pediatric and adult care <input type="checkbox"/> Changes to health insurance when he/she becomes an adult <input type="checkbox"/> Guardianship and Trusteeship <input type="checkbox"/> Adult Home Care (i.e. Vendor Services versus Self-Managed Care (SMC) versus Vendor Services) <input type="checkbox"/> Day programming options through PDD (Agency versus Family Managed Support) <input type="checkbox"/> Opportunities for the youth to learn budgeting and money management <input type="checkbox"/> Options to live away from home 	<ul style="list-style-type: none"> <input type="checkbox"/> Where your care is being transferred <input type="checkbox"/> Healthcare options between the last pediatric and first adult appointments
PREPARE BY:	<ul style="list-style-type: none"> <input type="checkbox"/> Completing the Transition Readiness Checklist for Parents of Dependent Youth each year <input type="checkbox"/> Creating a MyHealth Passport or Health Journal and updating it each year <input type="checkbox"/> Finding a family doctor <input type="checkbox"/> Finding opportunities for the youth to help with meals, grocery shopping and household chores 	<ul style="list-style-type: none"> <input type="checkbox"/> Keeping track of important health information <input type="checkbox"/> Attending a transition workshop <input type="checkbox"/> Having an appointment with your family doctor at least once per year <input type="checkbox"/> Requesting that your family doctor receive all relevant medical reports <input type="checkbox"/> Requesting a psycho-educational assessment/reassessment for the youth 	<ul style="list-style-type: none"> <input type="checkbox"/> Updating medical equipment <input type="checkbox"/> Ensuring the last pediatric clinic visits are scheduled <input type="checkbox"/> Confirming that your family doctor is receiving all relevant medical reports 	<ul style="list-style-type: none"> <input type="checkbox"/> Booking clinic appointments <input type="checkbox"/> Preparing for your clinic visits <input type="checkbox"/> Discussing advance care planning with your healthcare team <input type="checkbox"/> Obtaining a Medical Transfer Summary

For more details review the **Well on Your Way** website at www.ahs.ca/y2a

* Denotes time sensitive task

Healthcare Provider Guidelines - Transitioning Dependent Youth to Adult Healthcare

This guideline identifies key tasks that healthcare providers can do to help youth and their family prepare for adult healthcare. Each age level lists new tasks that would be done **in addition to** the items in the previous age.

Note: Not all tasks are applicable to everyone. Unless denoted as a time sensitive task*, use age as a guideline only.

At around ages 12-14 yrs

At around ages 14-16 yrs

At around ages 16-17 yrs

At around age 17+ yrs

To Discuss:

- Inform youth and family about transitioning to adult care at 18
- Transition tools and resources
- Lifestyle choices that could impact health and/or medical condition **at each visit** (i.e. diet, exercise, mental health, smoking, sexuality, etc.)
- Finding a [family doctor](#) (**at each visit** until youth has one)

- How medical and developmental condition may affect adult programming/employment options
- How [medications](#) can react with other medications, street drugs and alcohol
- [Confidentiality](#), informed consent, and patient rights **at each visit**
- Community resources that support transition to adulthood
- [Keeping track](#) of health information

- The differences between pediatric and adult care for your clinic
- Adult [Home Care – Self-Managed Care](#) (SMC) versus Vendor Services
- [Adult Funding](#)* i.e. Assured Income for the Severely Handicapped (AISH) and Persons with Developmental Disabilities (PDD)
- Updating any medical [equipment](#)
- Programming options through [PDD](#) (Agency vs Family Managed Support)
- [Guardianship and Trusteeship](#)*

- Where care is being transferred, the process and contact info
- Healthcare options between youth's last pediatric and first adult appointments
- [Advance Care Planning](#)
- [Medical and dental insurance](#)* coverage after youth turns 18

To Do:

- Identify transition patients (12 -18 yrs)
- At each visit** assess transition support required and refer as needed (i.e. translator, allied health, adolescent medicine, community resource. etc.)
- Develop a transition plan in collaboration with youth and family
- Document the transition plan and track progress – [Transition Tracker](#)
- Provide transition information package

- Review transition plan and document progress **at each visit** – [Transition Tracker](#)
- Send medical reports to pediatrician and/or family doctor **from each visit**

- Work with family to identify adult provider (if they have a preference) and collaborate with adult service to ensure smooth transfer of care
- Ensure final pediatric clinic visits are booked
- Send referral and *Medical Transfer Summary* to adult healthcare providers

- Complete the *Medical Transfer Summary* and provide a copy to:
 - Youth and Parent
 - Pediatrician
 - Family doctor
 - Adult specialists
- Confirm first adult appointment is attended
- Follow up with youth to ask about first adult appointment
- Discharge from clinic

Support by:

- Informing or reminding youth and family **annually** about the:
- [Transition Readiness Checklist\(s\)](#)
 - [MyHealth Passport](#) or [Health Journal](#)

- Referring youth/family to a transition workshop

- Giving youth opportunities to participate in medical decision-making **at each visit**

- Following up with youth /family to facilitate attachment if appointment wasn't attended