

# Transition to Adult Healthcare Guideline for Independent 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.** Some activities may need parent involvement. However, the goal is to promote youth independence as much as possible.

At around ages 12-14

At around ages 14-16

At around ages 16-17

At around age 17+

## APPLY FOR:

- [Social Insurance Number \(SIN\)](#)
- Bank Account

- Government issued [Driver's License](#) or [photo ID](#)

## LEARN ABOUT:

- Your [medical condition](#), allergies, [medications](#), [treatments](#), and prognosis
- [Talking to your healthcare team](#)
- How your [role changes](#) with the transition to adult healthcare
- Support groups, volunteer opportunities, and connections with other youth transitioning to adult healthcare
- Healthy lifestyle choices
- [Public transportation](#) and/or ACCESS Calgary

- How your [medical condition](#) can affect your future independence - For example,
  - ability to [drive](#)
  - [living on your own](#)
  - [education](#)
  - [work](#)
- How [medications](#) can react with other medications, street drugs and alcohol
- [Confidentiality](#), informed consent, and your patient rights
- Community resources that support transition to adulthood

- The [differences](#) between pediatric and adult care
- Changes to [health insurance](#) when you become an adult
- Budgeting and [managing your money](#)
- [Living away](#) from home
- Options for post-secondary [education](#) and available supports
- Medical [equipment or supplies](#)
- Making your own [healthcare decisions](#)
- Adult [Home Care](#) (i.e. Vendor Services or [Self-Managed Care](#) [SMC])

## PREPARE BY:

- Completing the [Transition Readiness Checklist for Youth](#) or Parent each year
- Creating a [MyHealth Passport](#) or [Health Journal](#) & updating it each year
- Finding a [family doctor](#)
- Helping with meals, grocery shopping and household chores
- [Answering/asking questions](#) at your clinic visits

- Setting up a routine to take your [medications](#)
- Attending a transition workshop
- Having an appointment with your family doctor at least once a year
- [Keeping track](#) of important health information
- Spending some clinic time [talking to your doctor](#) on your own
- Participating in medical decisions

- Updating your medical [equipment](#)
- Ensuring your last pediatric clinic visits are scheduled
- Confirming that your family doctor is receiving all relevant medical reports
- Consulting the [doctor on your own](#)
- Filling or refilling your [prescriptions](#)

- Adult medical and dental [insurance](#)\*
- [Adult Funding](#)\* (i.e. Assured Income for the Severely Handicapped – AISH)
- Post-secondary [education](#) and support
- [Scholarships and bursaries](#)
- Adult [Home Care](#)\* – Attend orientation if doing [SMC](#)

- Where your care is being transferred
- Healthcare options between your last pediatric and first adult appointments

- [Booking](#) clinic appointments
- [Preparing](#) for your clinic visits
- Discussing [advanced care planning](#) with your health care team
- Obtaining a Medical Transfer Summary

For more details review the **Well on Your Way** website at [www.ahs.ca/y2a](http://www.ahs.ca/y2a)

\* Denotes time sensitive task

# Healthcare Provider Guidelines - Transitioning Independent 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:	<ul style="list-style-type: none"> <li><input type="checkbox"/> Inform youth and family about transitioning to adult care at 18 - <i>Transition Roadmap</i></li> <li><input type="checkbox"/> Transition tools and resources</li> <li><input type="checkbox"/> Lifestyle choices that could impact health and/or medical condition <b>at each visit</b> (i.e. diet, exercise, mental health, smoking, sexuality, etc.)</li> <li><input type="checkbox"/> Finding a <a href="#">family doctor</a> (at each visit until youth has one)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> How medical condition can affect future independence (i.e. ability to drive, education, career)</li> <li><input type="checkbox"/> How <a href="#">medications</a> can react with other medications, street drugs and alcohol</li> <li><input type="checkbox"/> <a href="#">Confidentiality</a>, informed consent, and patient rights <b>at each visit</b></li> <li><input type="checkbox"/> Community resources that support transition to adulthood</li> <li><input type="checkbox"/> <a href="#">Keeping track</a> of health information</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The differences between pediatric and adult care for your clinic</li> <li><input type="checkbox"/> Adult <a href="#">Home Care</a> – <a href="#">Self-Managed Care</a> (SMC) versus Vendor Services</li> <li><input type="checkbox"/> <a href="#">Adult Funding</a>* i.e. Assured Income for the Severely Handicapped (AISH)</li> <li><input type="checkbox"/> Updating any <a href="#">medical equipment</a></li> <li><input type="checkbox"/> Post secondary <a href="#">education/ career/</a> programs and documents required for accessibility services</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Where care is being transferred, the process and contact info</li> <li><input type="checkbox"/> Healthcare options between youth's last pediatric and first adult appointments</li> <li><input type="checkbox"/> <a href="#">Advance Care Planning</a></li> <li><input type="checkbox"/> Medical and dental <a href="#">insurance</a>* coverage after youth turns 18</li> <li><input type="checkbox"/> <a href="#">Supported Decision-Making</a> option available through Adult Guardianship &amp; Trusteeship Act</li> </ul>
To Do:	<ul style="list-style-type: none"> <li><input type="checkbox"/> Identify transition patients (12 -18 yrs)</li> <li><input type="checkbox"/> <b>At each visit</b> assess transition support required and refer as needed (i.e. translator, allied health, adolescent medicine, community resource, etc.)</li> <li><input type="checkbox"/> Develop a transition plan in collaboration with youth and family</li> <li><input type="checkbox"/> Document the transition plan and track progress – <a href="#">Transition Tracker</a></li> <li><input type="checkbox"/> Provide transition information package</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review transition plan and track progress <b>at each visit</b> – <a href="#">Transition Tracker</a></li> <li><input type="checkbox"/> Send medical reports to pediatrician and/or family doctor <b>from each visit</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work with family to identify adult provider (if they have a preference) and collaborate with adult service to ensure smooth transfer of care</li> <li><input type="checkbox"/> Ensure final pediatric clinic visits are booked</li> <li><input type="checkbox"/> Send referral and <i>Medical Transfer Summary</i> to adult healthcare providers</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete the <i>Medical Transfer Summary</i> and provide a copy to:               <ul style="list-style-type: none"> <li><input type="checkbox"/> Youth and Parent</li> <li><input type="checkbox"/> Pediatrician</li> <li><input type="checkbox"/> Family doctor</li> <li><input type="checkbox"/> Adult specialists</li> </ul> </li> <li><input type="checkbox"/> Confirm first adult appointment is attended</li> <li><input type="checkbox"/> Follow up with youth to ask about first adult appointment</li> <li><input type="checkbox"/> Discharge from clinic</li> </ul>
Support by:	<p>Informing or reminding youth and family <b>annually</b> about the:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Transition Readiness Checklist(s)</a></li> <li><input type="checkbox"/> <a href="#">MyHealth Passport</a> or <a href="#">Health Journal</a></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Referring youth/family to a transition workshop</li> <li><input type="checkbox"/> Offering youth the choice to meet with healthcare providers on his/her own <b>at each visit</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Giving youth opportunities to participate in medical decision-making <b>at each visit</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Following up with youth/family to facilitate attachment if appointment wasn't attended</li> </ul>

For more details go to [www.ahs.ca/y2a](http://www.ahs.ca/y2a)