

Transition to Adult Healthcare Roadmap

NOTE: Not all tasks apply to every youth transitioning to adult healthcare.

* Time sensitive tasks

At around age 12-14 years

- Apply:**
- Social Insurance Number (SIN)
 - Bank account
- Learn:**
- Your medical condition
 - How to prepare for transition to adult healthcare
 - Healthy lifestyle choices
 - Public transportation
- Prepare:**
- Complete the Transition Readiness Checklist
 - Find a family doctor
 - Ask questions at your clinic visits

At around age 14-16 years

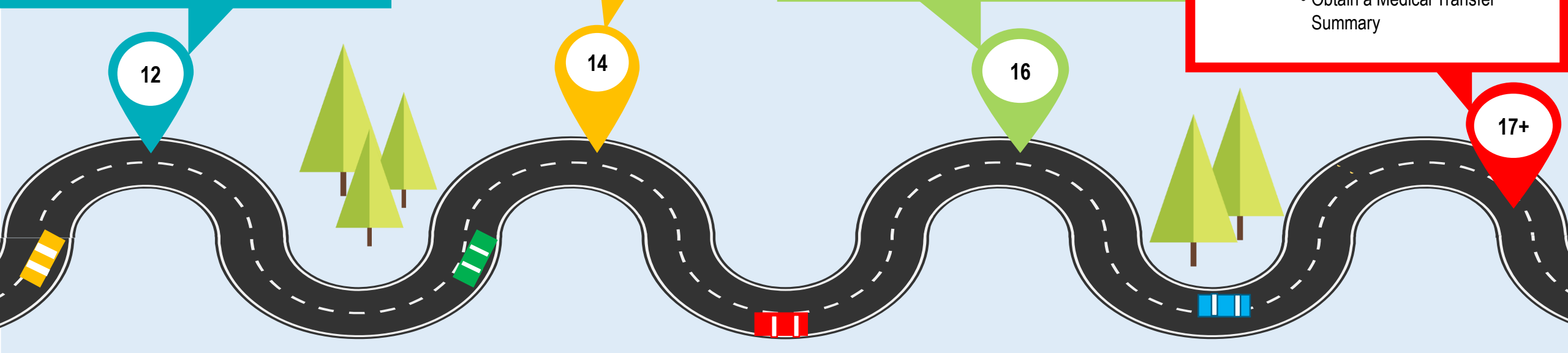
- Apply:**
- Photo ID or Driver's Licence
- Learn:**
- Medication reactions
 - Confidentiality, informed consent, and your rights as a patient
- Prepare:**
- Set up a medication routine
 - Keep track of health information
 - Participate in medical decisions

At around age 16-17 years

- Apply:**
- Adult funding*
- Learn:**
- Differences between pediatric and adult healthcare
 - Adult health insurance
 - How to manage your money
 - About living away from home
 - Post-secondary options and available supports
- Prepare:**
- Fill or refill prescriptions
 - Consult your doctor on your own

At around age 17-18 years

- Apply:**
- Medical and Dental Insurance*
 - Post secondary education and supports
- Learn:**
- Where your healthcare is being transferred
 - Healthcare options between your last pediatric and first adult appointments
- Prepare:**
- Book and prepare for clinic visits
 - Discuss Advance Care Planning with your healthcare team
 - Obtain a Medical Transfer Summary



Transition to Adult Care Roadmap for Healthcare Providers

NOTE: Not all tasks apply to every youth transitioning to adult healthcare.

* Time sensitive tasks

At around age 12-14 years

- Discuss**
- Plan to transfer to adult healthcare at 18
 - Importance of finding a family doctor
- Document:**
- Patient/caregiver transition readiness & care plan
 - Transition support required & refer as needed
- Provide:**
- Transition information package

At around age 14-16 years

- Discuss:**
- Transition workshops & community resources that support transition
 - Lifestyle choices & impact on health
- Document:**
- **Review transition plan & track progress at each visit**
- Provide:**
- Opportunities for youth to meet with healthcare providers on their own

At around age 16-17 years

- Discuss:**
- Adult funding – PDD* & AISH*
 - Adult Home Care*
 - Differences between pediatric & adult healthcare
 - Where healthcare is being transferred
 - Updates for equipment & supplies
- Document:**
- Transfer of care plan
- Provide:**
- Referral to adult providers with Medical Transfer Summary

At around age 17-18 years

- Discuss:**
- Medical & Dental Insurance*
 - Goals of care designation
 - Decision-making capacity (Guardianship/Trusteeship)*
- Document:**
- Healthcare options between last pediatric and first adult appointment
 - Date & time of first adult appointment
 - Confirmation of attendance at adult appointment
- Provide:**
- Patient/caregiver with Medical Transfer Summary
 - Follow up to ensure attachment

