

# Healthy Transitions Panel

Daniel Beck  
Communications Director

Samhita Ilango  
Health Research/Policy Analyst

The National Alliance to Advance Adolescent Health/  
Got Transition ([www.GotTransition.org](http://www.GotTransition.org))

OSSE Secondary Transition Institute  
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# The National Alliance to Advance Adolescent Health, Got Transition, and Health Care Transition (HCT)

- The National Alliance has a grant with DC Dept. of Health to improve HCT in DC (“Health Care Transition from Pediatric to Adult Health Care: District of Columbia Leads the Way”)
- The National Alliance also has a cooperative agreement with HRSA/MCHB to run Got Transition ([www.GotTransition.org](http://www.GotTransition.org)), the national resource center for HCT

DC DOH Grant # CHA2016-000039; HRSA/MCHB Grant # U39MC25729

# Multiple HCT Efforts in DC

- Quality HCT improvement efforts at school-based health centers in Anacostia HS and Roosevelt HS
- Quality HCT improvement efforts at Mary's Center
- Youth and Family Transition Leadership development
- Community education on HCT
- Participation in OSSE's Community of Practice

# Adolescence is a time of transition to adulthood

Opportunity to impact future **health & use of health care**

- By increasing students' health knowledge, self-advocacy, & self-care skills
- By integrating transition into routine clinical care and school health education





# Health care transition should begin around age 12-14, and continues into young adulthood



## HEALTH CARE TRANSITION TIMELINE FOR YOUTH AND FAMILIES

AGE 12-13

- Help your child learn their own health condition, including any medications and allergies.
- Encourage your child to take on more responsibilities for managing their own health.
- Ask your child's doctor at what age they no longer care for youth.

AGE 14-15

- To learn what your teen knows about their own health, both of you can complete a brief set of questions (handout).
- Have your teen learn more about their own health, including what to do in case of emergency.
- Have your teen practice making a doctor's appointment and ordering prescription refills.
- Have your teen see the doctor alone for part of the visit to help gain independence.

AGE 16-17

- Keep encouraging your teen to make doctor's appointments, refill medications, and ask questions to the doctor.
- Work with your teen's doctor to prepare a medical summary.
- Before your teen turns 18 and becomes a legal adult, figure out if they will need help with making health decisions. If so, ask your Family Voices chapter for local resources.
- Talk with your teen about the age they want to transfer to a new doctor for adult care.

AGE 18-21

- Your teen is a legal adult at 18 with full responsibility for their care. Parents can no longer access medical information unless the young adult agrees.
- Young adults can work with their current doctor to find a new doctor.
- Update your medical summary with your doctor and have your doctor transfer this to the new doctor. Keep a copy for yourself.
- Call your new doctor to set a new appointment and make sure the new office has your medical information.
- Many changes happen at age 18. Learn about:
  - ✓ Health insurance
  - ✓ Supplemental Security Income
  - ✓ Special education

AGE 22-25

- Continue to get needed care from your adult doctor.
- Continue to update your medical summary.
- Be sure to stay insured.
- If you change health insurance, make sure your doctor takes your insurance.

# Knowledge Gaps found on SBHC Transition Readiness Assessment

- Most significant self-care gaps (needing to learn or unsure)
  - I carry important health information (eg, insurance card)
  - I make my own doctor appointments
  - I know where to go to get medical care when the doctor's office is closed
  - My family and I have discussed making my own health care decisions at age 18
  - I know what health insurance I have
  - I can explain my health/medical needs to others

# Incorporating “Health” into Independent Living Section of Transition IEP

- Complete Transition Readiness Assessment each year (modified version for I/DD population available on our site)
- Identify and select 2-3 HCT goals for each year based on Readiness Assessment results (i.e. put health info and doctor’s contact information in phone, call to set up doctor’s appointments, keep health insurance card in wallet)
- Ensure young adult has/knows primary care provider



## Individualized Education Program (IEP)

### POST-SECONDARY TRANSITION PLAN

#### STUDENT INPUT

<b>Academic Interests:</b> Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.
<b>Functional Interests:</b> Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.
<b>Employment Interests:</b> Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.
<b>Other:</b> Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.

#### AGE-APPROPRIATE TRANSITION ASSESSMENT RESULTS

Assessment Type	Date Completed	Provider or Reviewer
Functional Skills Assessment	03/01/2014	Test SEC
<b>Assessment Tool(s):</b> Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.		
<b>Interpretation of Results</b> Summary for Post-secondary education and training: Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review. Summary for Employment: Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review. Summary for Independent living: Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.		

#### COORDINATED SET OF ACTIVITIES FOR POST-SECONDARY EDUCATION AND TRAINING

*The Transition section should identify appropriate, measurable post-secondary outcomes/goals. Goals should be based upon age-appropriate transition assessments related to employment, education and/or training, and where appropriate, independent living skills.*

**AREA:** Post-secondary education and training

<b>Long Range Goal(s):</b> long term goal 1
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#### SHORT-TERM MEASURABLE GOALS

<b>Short Term Measurable Goal:</b> test test test 1 test test	
<b>Baseline:</b> Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.	<b>Anticipated Date of Achievement:</b> 06/06/2014

## Individualized Education Program (IEP)

#### TRANSITION SERVICES FOR POST-SECONDARY EDUCATION AND TRAINING

Service	Setting	Time	Projected Begin Date	Projected End Date
Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.	Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.	35 min per day	03/01/2014	06/06/2014

#### EXTRACURRICULAR ACTIVITIES AND COMMUNITY PARTICIPATION:

Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.

#### COURSE OF STUDY

*A course of study is a long-range education plan or multi-year description of the educational program that directly relates to the student's anticipated post-school goals, preferences and interests as described above.*

Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.

#### COORDINATED SET OF ACTIVITIES FOR EMPLOYMENT

*The Transition section should identify appropriate, measurable post-secondary outcomes/goals. Goals should be based upon age-appropriate transition assessments related to employment, education and/or training, and where appropriate, independent living skills.*

**AREA:** Employment

**Long Range Goal(s):** Note: All informal assessment data should have been completed no more than 1 year prior to the date of the review.

#### SHORT-TERM MEASURABLE GOALS

<b>Short Term Measurable Goal:</b> Enter custom transition goal	
<b>Baseline:</b> Enter custom transition goal	<b>Anticipated Date of Achievement:</b> 06/06/2014

# Youth Health Care Transition Online Quiz

- Asks key questions to help teens prepare for changes that happen usually between 18 and 22
- Includes tips and linked resources to support teens to be self-advocates

LINK: [bit.do/HCTquiz](http://bit.do/HCTquiz)

Are You Ready to Transition to Adult Health Care?



<http://gottransition.org/youthfamilies/HCTquiz.cfm>

# Thank You and Questions



[dbeck@thenationalalliance.org](mailto:dbeck@thenationalalliance.org)

[silango@thenationalalliance.org](mailto:silango@thenationalalliance.org)



HealthCareTransition



@GotTransition2

Visit [www.GotTransition.org](http://www.GotTransition.org)