

# Health Care Transition

## It's A Team Effort

Parent Mentors/Quondalynn Rainey/September 7<sup>th</sup> 2022

# Objectives

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- Define Health Care Transition and understand the importance
- Recognize the similarities and differences between transition planning within the health care system and the education system
- Identify areas where you can assist with the health care transition process
- Identify available resources to support your families' successful transition from pediatric to adult health care

# What is Health Care Transition?

Youth, young adults, and families:

**Do you want to learn about  
transitioning to adult health care?**

*These tools can help you learn about moving from pediatric to adult health care.*

Health Care Transition is the **purposeful, planned movement of adolescents from pediatric to adult health care**. Simply put:

- The youth moves from a pediatrician (doctor who only sees children) to a doctor who cares for adults
- It is a “process” where the responsibility for managing health care shifts from the parent to the young adult.

# Why is Health Care Transition Important?

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- A well thought out plan or process on how a youth will manage their overall health and wellness as they continue to develop into adulthood.
- Starting early to identify and access additional support and resources for youth with medical and/or behavioral concerns provide comfort and reassurance for the individual and everyone involved in their life.
- Having the ability to anticipate and prepare for future health care concerns improves the health and wellness of youth and young adults with special health care needs and/or disabilities.
- Provides continuous and preventative care for all adolescents and young adults improve overall health and wellness throughout lifespan

# Overall Health Care Transition Goals



Ongoing and focused planning starting at an early age

Helping youth understand and take charge of health care issues

Moving from pediatric care to physicians trained in adult medicine

Understanding health care systems available especially for adults with disabilities

# Timeline for Health Care Transition Planning

Age 14-16	Age 16-18	Age 18-20	Age 20-21
According to developmental ability youth can begin to:			
<ul style="list-style-type: none"> <li>• Develop knowledge of their special health care needs</li> <li>• Take responsibility in making appointments and getting prescriptions refilled</li> <li>• Explore appropriate work and volunteer opportunities</li> <li>• Talk to medical providers about age appropriate information such as, physical, emotional, and sexual development</li> </ul>	<ul style="list-style-type: none"> <li>• Take responsibility in making appointments and getting prescriptions refilled</li> <li>• Contact Georgia Vocational Rehabilitation Agency to explore vocational assistance if needed</li> <li>• Attend all meetings where future plans are discussed (school IEPs or doctor's office)</li> <li>• Research adult health care providers for transfer of medical care</li> <li>• Explore employment opportunities</li> <li>• Explore living arrangements</li> </ul>	<ul style="list-style-type: none"> <li>• Finalize health care coverage as an adult</li> <li>• Transfer medical care from pediatric providers to adult providers</li> <li>• Check eligibility for SSI from the Social Security Administration</li> <li>• Contact Georgia Vocational Rehabilitation Agency to explore vocational assistance if needed</li> <li>• Contact the disability student services office if attending college and accommodations are needed</li> <li>• Explore employment opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Explore living arrangements. If assistance is needed contact the nearest Center for Independent Living</li> <li>• Learn about and continue to investigate adult services there may be need for</li> <li>• Transfer all medical care from pediatric providers to adult providers</li> <li>• Explore employment opportunities</li> </ul>



# Transition Planning vs. Health Care Transition Planning

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## Transition Planning

- Component of the Individualized Educational Plan
- Addresses critical elements on transition related to postsecondary goals
- Federally mandated
- School district responsibility

## Health Care Transition Planning (HCT)

- Standalone process
- Addresses transition through a health and wellness lens
- A newer concept so currently:
  - NOT mandated (*no set age or expectation of completion*)
  - Family responsibility

[https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services/Documents/Transition/2018-19/Module-5\\_AnnualTransitionGoalsServicesActivitiesTransitionPlanning.pdf](https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services/Documents/Transition/2018-19/Module-5_AnnualTransitionGoalsServicesActivitiesTransitionPlanning.pdf)

# Similarities Between Educational and Health Transition Planning

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- Require planning with best practice beginning at an early age
- Uses assessments and community engagement/supports in creating youth centered plans with goals and related actions
- Strongly believes in self determination to provide students with the “skills, opportunities and supports to be the person driving their lives” (Shogren, 2015)\*
- Aim in creating a young adult who is knowledgeable, able to self advocate and prepared for their future

<https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services/Pages/Self-Determination.aspx>



# Health Care Transition Support is a Group Effort

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- Student (Youth/Young Adult)
- Family (Parents and Caretakers)
- Medical Providers
- Public Health
- **You:** Educational Professionals



# How Can YOU Support Health Care Transition?

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Remember these **STEPS**:

**S** **tart** *Slow, Start Now! Remember transition is a process that takes time and practice.*

- Introduce health care transition in your planning as early as middle school

**T** **alk** *with your student and families about health care transition.*

- Encourage youth and family to ask questions and have conversations with physicians
- Keep an open dialogue with youth/student and families of how health and wellness influence postsecondary goals

# How Can YOU Support Health Care Transition?

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**E** **ducate** *your student and family about the transition process and what to expect, etc.*

- Become familiar with how to access available transition resources
- Encourage self-management activities and self advocacy skills

**P** **lan** *and create a transition plan for the student that includes health.*

- Be intentional when considering health-related factors in the development of transition plans for IEPs or case plans
- Invite school nurses and/or other medical consultants to participate in the Transition IEP meetings

# How Can **YOU** Support Health Care Transition?

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**S**upport *your student in this transition process.*

- Collaborate with community–based providers and other school staff on HCT issues

# How To Organize A Child's Transition

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- **Health Care Transition Quiz**
  - There are quick quizzes parents and children can take to assess what is known
- **Readiness Assessments**
  - Similar to the quiz, but a little longer, to assess how ready an individual is to transition to adult care
- **Goals and Actions Sheet**
  - Use the completed assessment to develop goals and actions to move parent and child forward in transition
- **Individualized Education Plan (IEP)**
  - Do not forget to add health goals to your IEP, after all, health does impact all future decisions especially if there is a chronic health condition

# Breakout Questions

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How Can you Easily  
Share This Health Care  
Transition Message?



# Breakout Questions

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Can You Think of Some  
Common Activities  
Where Skills of Health  
Care Transition Can Be  
Practiced?





# Breakout Questions

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What Are Some Challenges You've Experienced or Expect to Experience while Transitioning Health Care?



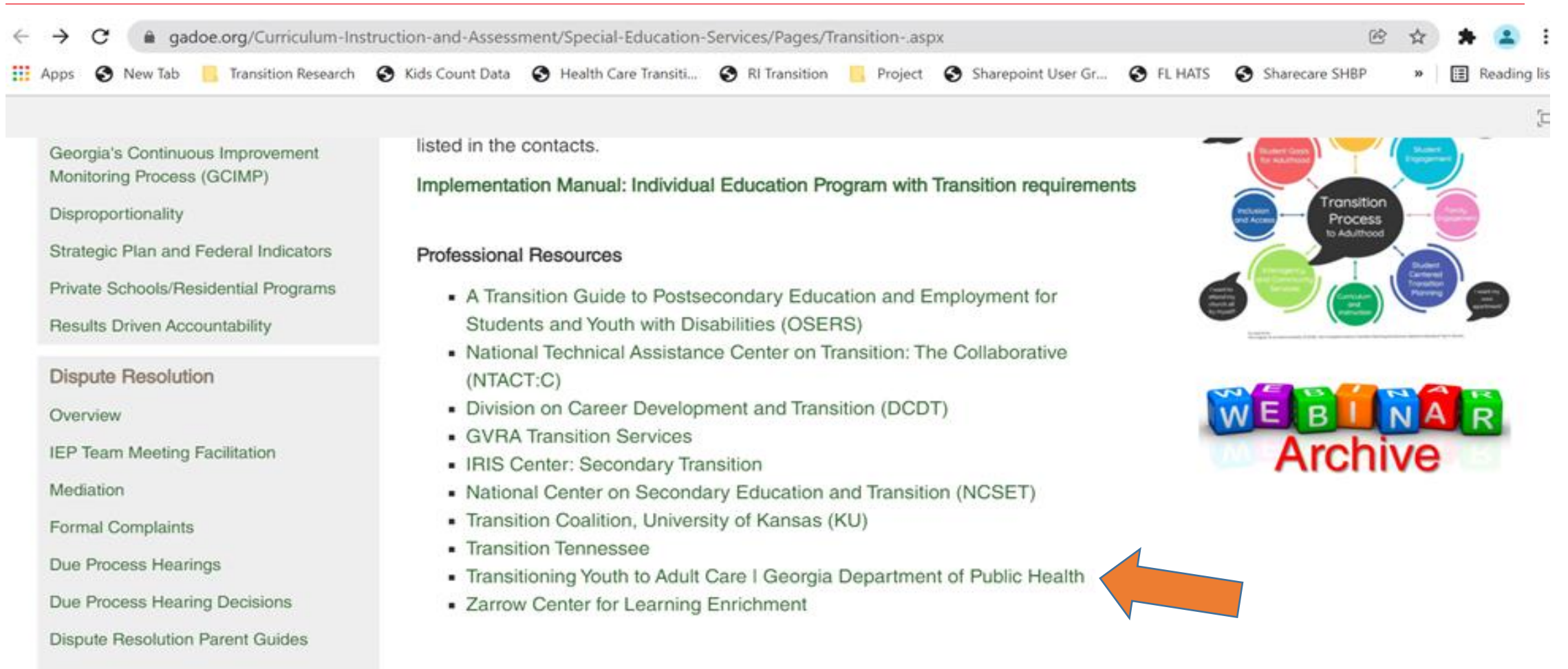
# Breakout Questions

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Can You Think of Ways  
Parents Can Advocate and  
Spread Awareness About  
Health Care Transition?



# Let US Support YOU with Health Care Transition



The screenshot shows a web browser window with the URL [gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services/Pages/Transition-.aspx](http://gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services/Pages/Transition-.aspx). The browser's address bar and tabs are visible at the top. The page content is divided into a left sidebar and a main content area.

**Left Sidebar:**

- Georgia's Continuous Improvement Monitoring Process (GCIMP)
- Disproportionality
- Strategic Plan and Federal Indicators
- Private Schools/Residential Programs
- Results Driven Accountability
- Dispute Resolution**
- Overview
- IEP Team Meeting Facilitation
- Mediation
- Formal Complaints
- Due Process Hearings
- Due Process Hearing Decisions
- Dispute Resolution Parent Guides

**Main Content Area:**

listed in the contacts.

**Implementation Manual: Individual Education Program with Transition requirements**

**Professional Resources**

- A Transition Guide to Postsecondary Education and Employment for Students and Youth with Disabilities (OSERS)
- National Technical Assistance Center on Transition: The Collaborative (NTACT:C)
- Division on Career Development and Transition (DCDT)
- GVRA Transition Services
- IRIS Center: Secondary Transition
- National Center on Secondary Education and Transition (NCSET)
- Transition Coalition, University of Kansas (KU)
- Transition Tennessee
- Transitioning Youth to Adult Care | Georgia Department of Public Health
- Zarrow Center for Learning Enrichment

**Diagrams:**

- A circular diagram titled "Transition Process to Adulthood" with various components like "Student Goals for Adulthood", "Student Engagement", "Family Involvement", "Student-Centered Transition Planning", "Transition and Postsecondary Services", "Inclusion and Access", and "Health and Wellness".
- A graphic with the word "WEBINAR" in colorful 3D letters and the word "Archive" in red below it.

An orange arrow points from the "Transitioning Youth to Adult Care | Georgia Department of Public Health" resource to the "WEBINAR Archive" graphic.

[Georgia Department of Education Transition Tab](#)

# Let US Support YOU with Health Care Transition

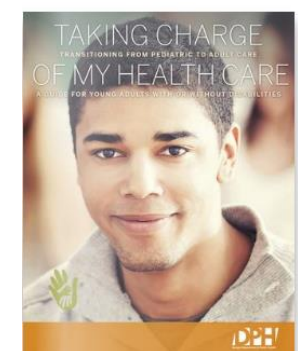
## Department of Public Health's main Health Care Transition Page

<https://dph.georgia.gov/childrens-health/transitioning-youth-adult-care>

The screenshot displays the Georgia Department of Public Health website. At the top, the logo for the Georgia Department of Public Health (DPH) is visible, along with a search bar. Below the logo, a navigation menu includes categories such as 'About DPH', 'Health Topics', 'Clinical Services', 'Vital Records', 'Women and Children', 'Immunization', 'Environmental Health', and 'Epidemiology'. The main content area shows a breadcrumb trail: 'Home > Women and Children > Children's Health > Transitioning Youth to Adult Care'. A sidebar on the left lists various topics under 'Women and Children', with 'Transitioning Youth to Adult Care' selected. The main heading is 'Transitioning Youth to Adult Care', followed by a list of links: 'Transitioning Youth to Adult Care', 'Healthcare Professionals', 'Other Professionals', 'Youth and Young Adults', 'Families and Support System', and 'Resources'. Below the text is a photograph of a diverse group of young adults smiling. At the bottom of the page, a paragraph reads: 'The exciting part about youth moving into adulthood is independence, choices and freedom! The somewhat scary part is that with more freedom comes more'.

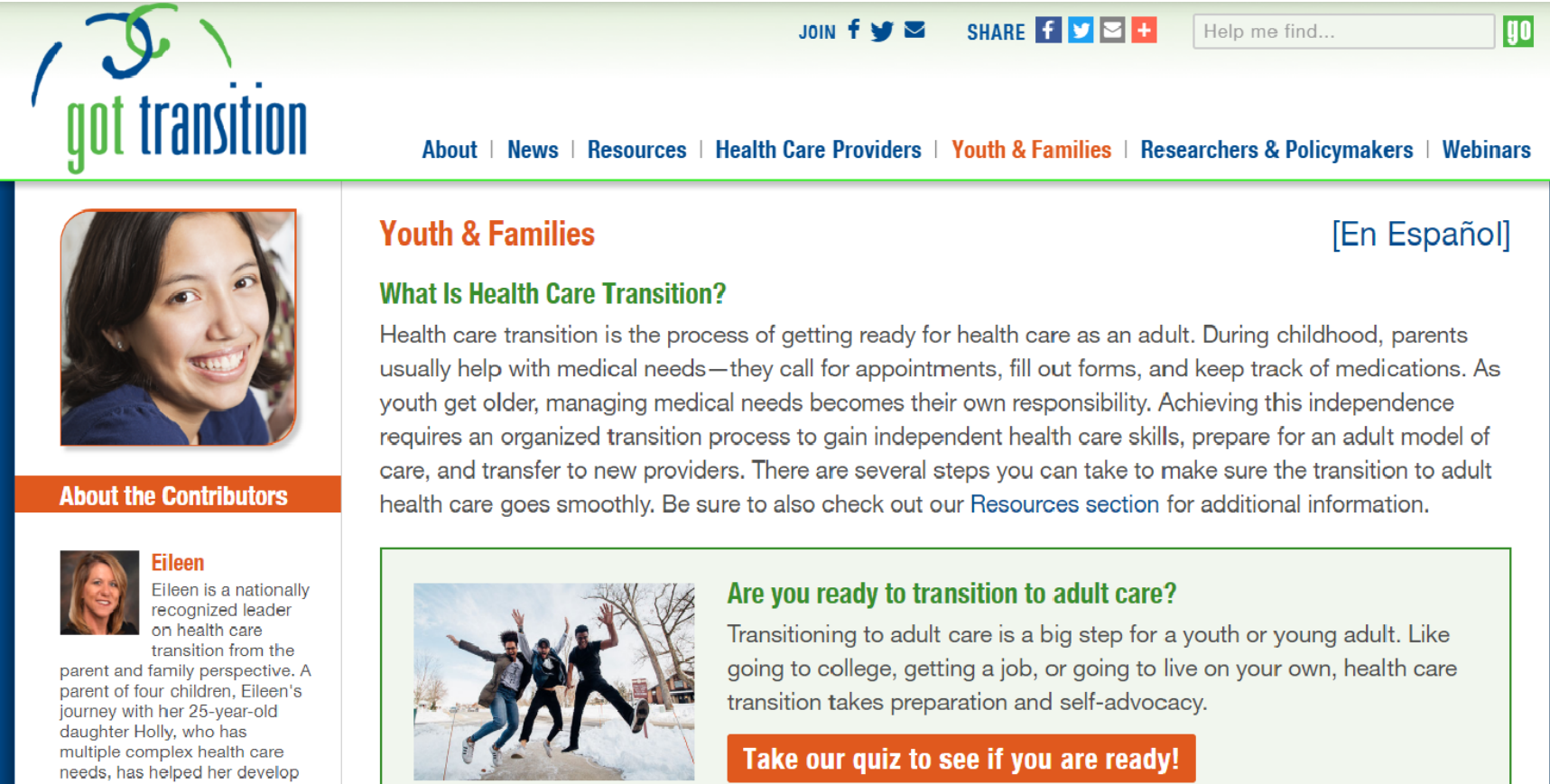
# HCT Resources

Download and review the following transition materials at <https://dph.georgia.gov/childrens-health/transitioning-youth-adult-care>





# HCT Resources



The screenshot shows the top navigation bar of the Got Transition website. On the left is the logo, which consists of a stylized green and blue figure above the text "got transition". To the right of the logo are social media icons for Facebook, Twitter, and Email, followed by a "JOIN" button. Further right are more social media icons for Facebook, Twitter, Email, and a red plus sign, followed by a "SHARE" button. To the right of these is a search bar with the placeholder text "Help me find..." and a green "go" button.

Below the navigation bar is a horizontal menu with the following links: "About", "News", "Resources", "Health Care Providers", "Youth & Families" (highlighted in orange), "Researchers & Policymakers", and "Webinars".

The main content area is divided into two columns. The left column has a header "About the Contributors" in an orange box. Below it is a large portrait of a smiling woman with dark hair. Underneath that is a smaller portrait of a woman with blonde hair, followed by the name "Eileen" in orange. The text below her name reads: "Eileen is a nationally recognized leader on health care transition from the parent and family perspective. A parent of four children, Eileen's journey with her 25-year-old daughter Holly, who has multiple complex health care needs, has helped her develop".

The right column has a header "Youth & Families" in orange, with "[En Español]" in blue to its right. Below this is the section title "What Is Health Care Transition?" in green. The text below reads: "Health care transition is the process of getting ready for health care as an adult. During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility. Achieving this independence requires an organized transition process to gain independent health care skills, prepare for an adult model of care, and transfer to new providers. There are several steps you can take to make sure the transition to adult health care goes smoothly. Be sure to also check out our [Resources](#) section for additional information."

Below the text is a photo of three young people jumping in the snow. To the right of the photo is the section title "Are you ready to transition to adult care?" in green. The text below reads: "Transitioning to adult care is a big step for a youth or young adult. Like going to college, getting a job, or going to live on your own, health care transition takes preparation and self-advocacy." Below this text is an orange button that says "Take our quiz to see if you are ready!".

National guidance for youth, families and health professionals from *Got Transition*  
<https://www.gottransition.org/>

# HCT Resources



Resource database, archived webinars and community trainings/workshops for families from *Parent to Parent of Georgia* <http://p2pga.org/>



# HCT Resources

The screenshot displays the website for PACER's National Parent Center on Transition and Employment. The header includes the PACER.org logo, the National Bullying Prevention Center, and the main title. Navigation links for 'About Us' and 'Contact Us' are present, along with a search bar and buttons for 'Newsletter' and 'Donate'. A dark blue navigation bar contains links for 'Home', 'Videos', 'Learning Center', 'Stories', and 'Resource Library'. The main content area features a breadcrumb trail 'Home / Learning Center' and a large green heading 'Health & Transition'. A sidebar on the left lists various topics under 'Learning Center', with 'Health & Transition' highlighted in orange. The main text provides an overview of the importance of health for young people and the challenges of transitioning to adult healthcare.

PACER.org National Bullying Prevention Center

PACER's National Parent Center on Transition and Employment™

About Us | Contact Us ENHANCED BY Google Search

Newsletter Donate f y

Home Videos Learning Center Stories Resource Library

Home / Learning Center

## Health & Transition

**Learning Center**

- Middle & High School Transition Planning >
- Postsecondary Education >
- Employment >
- Benefit Programs & Supports >
- Independent & Community Living >
- Laws & Rights >
- Health & Transition**

A young person's health is critical to his or her overall well-being. Good health provides a solid foundation for success at home, work, school, and in the community. As children become adults, families must determine how a young person's health care expenses will be covered once they are no longer covered on the family policy or by a children's health care program. Many families also experience the challenge of transitioning from a long trusted pediatrician to a new adult health care provider.

In addition to transition planning focused on helping students achieve their career, post-secondary education and independent living goals, it is therefore helpful for many youth with special health care needs and disabilities to have transition plans that focus on developing skills needed to manage their healthcare as adults. Transition goals could involve learning how to manage the student's chronic health condition, developing a healthy lifestyle, having the ability to recognize and address issues related to an acute illness, and connecting with new healthcare specialists as well as a new primary physician. Start the transition process early to allow plenty of time for your youth to develop effective skills.

National parent center on transition and employment for *Pacer*  
<https://www.pacer.org/transition/learning-center/health/>

# QUESTIONS



# Need More Information?

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