

Fast Facts for Families and Partners about Health Care Transition



What is Health Care "Transition"?

- A process of shifting control and decision making to the young adult
- Finding doctors and specialists who treat adults [moving from pediatric to adult-centered care]
- Developing independence and self-reliance – addressing new challenges
- Understanding and accessing available support systems

What issues need to be addressed?

- **Develop the means to communicate -**

Is the young adult able to communicate his or her hopes, needs, strengths and limitations? What training or technology might facilitate expanding those skills?

- **Understand health concerns as they relate to all aspects of life -**

An understanding of how special health care needs may impact new endeavors in continuing education or the workplace is critical. What accommodations may be necessary? Identify needs regarding:

- | | | | |
|-----------------------------|----------------------|-------------------------|------------------------------|
| • Employment | • Record Keeping | • Appointment Schedules | • Independent Living |
| • Sexuality/Family Planning | • Transportation | • Nutrition | • Hobbies/Leisure Activities |
| • Mental Health | • Social Interaction | • Continuing Education | • Wellness |

- **Maximize self-directed management of -**

- | | | | |
|------------------------|----------------------------|--------------------------|-------------------------|
| • Medications | • Personal Medical Records | • Appointment Schedules | • Insurance |
| • Routine Primary Care | • Specialty Care | • Emergency Medical Care | • Prevention Strategies |

- **Build and sustain a system of support-**

Is a Medical Home in place? In other words, is there a system of communication and support among the individuals and institutions who play a role in this individual's life? In the shift to greater independence, how will the support of peers, family and professionals be maintained? What new networks and services need to be established?

Who can help?

- Your current physician and other health care professionals
- School Counselors, Special Education Teams, School Nurses
- State and County Agencies
- Non-profit agencies, organization and coalitions
- Support and advocacy groups

State Resources

Colorado Department of Public Health and Environment
Prevention Services Division –
Health Care Program for Children with Special Needs (HCP)
www.chpcolorado.org

Colorado Department of Labor and employment
Workforce Centers
www.coworkforce.com

Colorado Department of Education
Exceptional Student Leadership Unit
<http://www.cde.state.co.us/cdesped/TransResources.asp>

Colorado Division for Developmental Disabilities
Statewide Community Centered Boards
www.cdhs.state.co.us/ddd/CCB_Main.htm

National Resources

Healthy and Ready to Work National Resource Center
<http://www.hrtw.org/index.html>

American Academy of Pediatric Medical Home
www.medicalhomeinfo.org

Health Care Transitions
<http://hctransitions.ichp.ufl.edu/>

Adolescent Health Transition Project
<http://depts.washington.edu/healthtr/>

National Alliance for Secondary Education and Transition
<http://www.nasetalliance.org/about/index.htm>

Fact Sheets and Tool Kits

A Guide to Transition Services for
Youth with Special Health Care Needs
<http://www.cdphe.state.co.us/ps/hcp/transition/transitionguide.pdf>

It's Time to Transition!
A Workbook for Young Adults, Their Families and Their Providers
<http://www.cdphe.state.co.us/ps/hcp/transition/workbook.pdf>

Charting a Course for the Future – A Transition Tool Kit
<http://www.cde.state.co.us/cdesped/TK.asp>

Transition PowerPoint Sets – Adolescent Health Transition Project – Washington State
<http://depts.washington.edu/healthtr/powerpoint/default.html>

Transition Fast Facts- Colorado Department of Education
http://www.cde.state.co.us/cdesped/TransResources_FF.asp

Who might I speak with today?

Health Care Program for Children with Special Needs (HCP) 1 800 886-7689	Peak Parent Center 1 800 284-0251	Colorado Department of Education 303 866-6694
P2P: Parent-to-Parent of Colorado 1 877 472-7201	The ARC of Colorado 1 800 333-7690	El Grupo VIDA [información en español] 303 904-6073

Health Care Program for Children with Special Needs (HCP)
Prevention Services Division ~ Colorado Department of Public Health and Environment

303 692-2370 or 1 800 886-7689 and Fax: 303 753-9249
www.hpcolorado.com with links to Regional HCP offices throughout Colorado