




Bridging the Gap
Bridging the Gap:
Transition from Pediatric to Adult Health Care



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Presenters

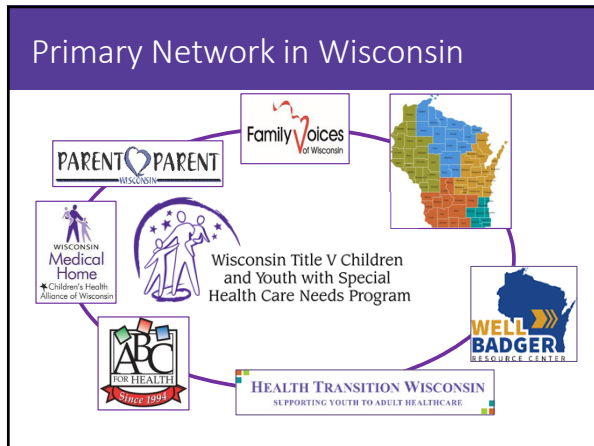
Tim Markle
Parent
Youth Health Transition Initiative
Children and Youth With Special Health Care Needs
Southern Regional Center Director

Hunter Markle
Young Adult

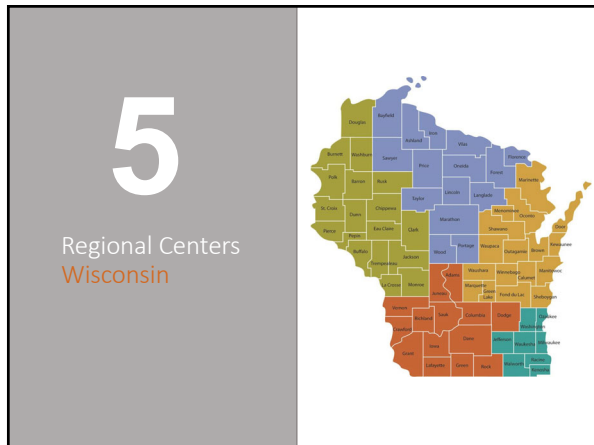
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Who we are

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Statewide Initiative



Purpose

- Ensure that “high-quality, developmentally appropriate, health care services are available in an uninterrupted manner as the person moves from adolescence to adulthood”

Process

- Transition starts in early adolescence
- Transfers of care between 18 and 22 years of age

American Academy of Pediatrics, American Academy of Family Physicians, & American College of Physicians, 2011, p. 182; HumanResources & Services Administration [HRSA], 2016

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WI Youth Health Transition Efforts

- Supports health care providers and organizations moving transition efforts forward within systems
- Facilitates *Transition Learning Community*, a virtual statewide network sharing best practices around transition
- *Health Transition Wisconsin* website and community outreach
- Disseminates health transition resources to partners through trainings, exhibits and community partnerships

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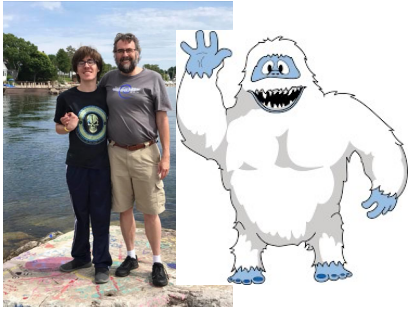
Where We're Going

1. What is Health Care Transition anyway?
2. Introduce the Transition Readiness Assessment for Parents & Youth
3. Introduce the Eight Tools for Health Care Transition
4. Discuss way to help youth talk about their own health and advocate for their own health.



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Personal Story Time



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What is Health Care Transition?

Health care transition is the process of changing from a pediatric to an adult model of health care.

Got Transition website
<https://www.gottransition.org/providers/index.cfm>; accessed 2/5/19

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Who needs to think about transition?

Teens who are, or will be turning 18, and their families/supports.

Especially if identified with a disability or health care need.

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Why is health so important?

- Increased independence.**
- Success in day to day life.**
- Opportunity for secondary education.**
- Working.**

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When do other transitions occur?

| | | |
|---------------|----------------------------|--------------|
| AGE 16 | DRIVE | |
| AGE 18 | VOTE | ADULT |
| AGE 21 | DRINK - RESPONSIBLY | |

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When do other transitions occur?

| | | |
|---------------|----------------------------|--------------|
| AGE 16 | DRIVE | |
| AGE 18 | VOTE | ADULT |
| AGE 21 | DRINK - RESPONSIBLY | |

ADULT

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Stay a Step Ahead

Age 12-14

Age 15-17

Age 18 & up

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Tools & Resources

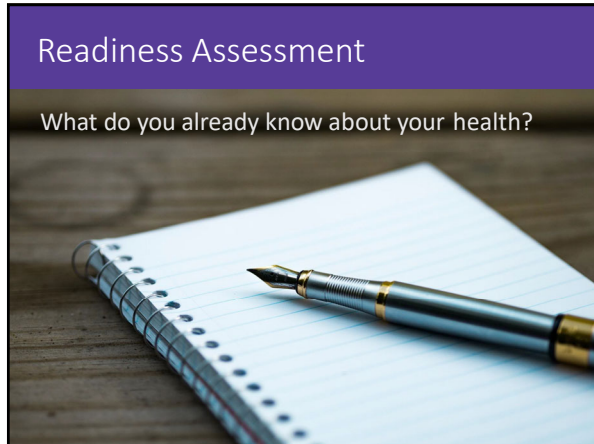
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Tools

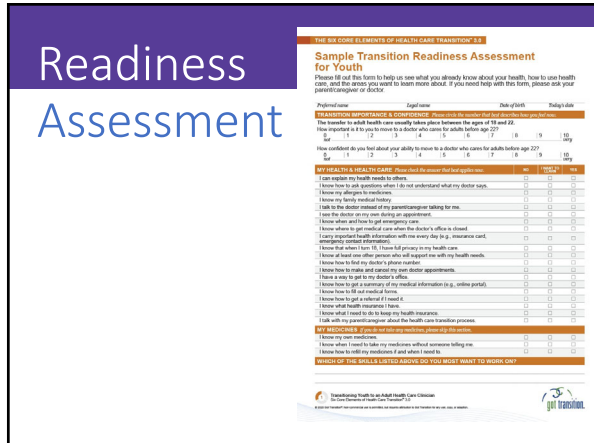
1. Readiness Assessment
2. Eight tools of Transition

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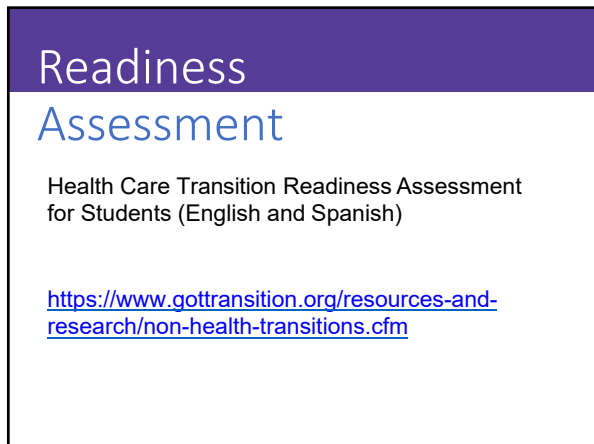
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Eight Health Tools



Health Transition Wisconsin
Supporting Youth to Adult Health Care Transition

<https://healthtransitionwi.org/>

<https://healthtransitionwi.org/youth-families/>
Step-by-Step

Check out these additional resources to take charge of your health care!
Resources
Build Your Bridge Workbook



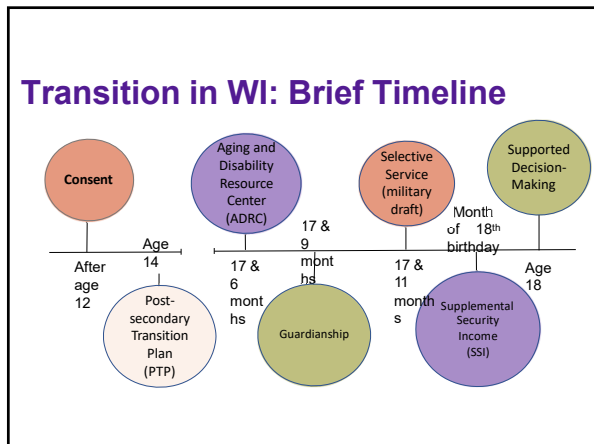
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Eight Health Tools

- Adult Providers
 - Decisions
 - Health Insurance
 - Emergency Contacts
 - Appointments
 - Medications
 - Health Summary
 - About Me



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Health Care Transition Timeline

RECOMMENDED HEALTH CARE TRANSITION TIMELINE

| Age | Recommended Action |
|-----------|--|
| Age 12 | Make youth and family aware of transition policy |
| Age 14 | Initiate health care transition planning |
| Age 16 | Prepare youth and parents for adult model of care and discuss transfer |
| Age 18 | Transition to adult model of care |
| Age 18-22 | Transfer care to adult medical home and/or specialists with transfer package |
| Age 23-26 | Integrate young adults into adult care |

<https://www.gotransition.org/six-core-elements/>

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Helpful in Variety of Settings

- Health care management and clinics
- Employment
- Independent Living
- High School / Post-secondary settings
- Completion of Post-Secondary Transition Plan
- Self-advocacy

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Health and the PTP

Transition Improvement Grant (TIG)
<https://www.witig.org/>

Yes, there is an app for that!
<https://www.witig.org/witransition-app.html>
www.witransition.com

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Self-Advocacy

- Advocating for yourself in an effective manner- at school, work, or with those who are perceived as having power over you, shifts the dynamics of those relationships
- Self-advocacy also means that you get to choose when to pick your battles
- Self-advocacy can be a great source of self-care
- Learn more at:
<https://www.pacer.org/transition/learning-center/health/building-self-advocacy.asp>

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Final Recommendations from Parents


- Make a plan
- Record everything – keep a notebook
- Break the project into smaller tasks so it's more manageable and less overwhelming
- Don't be surprised if things do take longer than you expect.

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Final Recommendations from Parents

- Ask questions of others involved in your child's life and health care
- Get to know other parents who are having a similar experience

Be kind and gentle with yourself



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Next Steps

- Have students complete readiness assessment
- Start conversations
- Visit the Health Transition WI website and download the workbook
- Ask you IEP team to incorporate Health Care into Transition Planning

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Next Steps

- Talk to your primary care doctor and specialist
- Find your ADRC
- Take a deep breath and stay a step ahead.



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Transition Resources



– National Resource
www.gottransition.org




SUPPORTING YOUTH TO ADULT HEALTHCARE
www.healthtransitionwi.org


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Transition Resources



www.pacer.org



<https://wisconsin.org/up-to-me/>

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Additional Tools & Resources



Providers and Teens
Communicating for Health

www.patch.org




Wisconsin Board for People
with Developmental Disabilities

Self-Directed
Health Care Kit

www.wi-bpdd.org

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Contact information



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