



# Health Care Transition

## What is Health Care Transition?



Health care transition means moving from pediatric (child) to adult health care. A good transition takes planning. You will need to:

- Learn to take care of your own health
- Find new doctors
- Keep your health insurance coverage or find new insurance
- Get the services you need so you can lead the kind of life you want to have

## Who Should Help with Health Care Transition Planning?

The following people can help you and your family plan for transition:

- Your doctors
- Your family and friends
- Social worker, nurse, care coordinator, therapist, case manager, and others involved with your care
- School IEP team



## What Can I Do?

- Use resources like the Transition Timeline to learn what steps you need to take
- Use your support network (friends, advocates, personal assistant, co-workers) to help you plan and find resources
- Work with your doctor to create a portable medical summary
- Complete the health care skills checklist each year
- Set goals for skills you'd like to work on
- Practice skills at home and in real life settings. Ask your doctor for skill sheets to help with:
  - Finding adult health care providers
  - Managing medications
  - Getting a prescription
  - Responding to a medical emergency
  - Understanding health insurance
  - Working with your doctor

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