



Transition to Adulthood

What is Transition?

Transition means changing from one thing to another, such as changing from a teen to an adult. You will learn, grow and change in lots of different ways as you become an adult.

Your health care providers would like to help you:

- Learn to do new things to take care of your own health
- Get needed medical care from adult doctors
- Find supports needed for when you become an adult
- Help you plan, connect, advocate and find information about transition



What Can I Do To Get Ready For Transition?

- ✓ Learn about your medical history
- ✓ Think about what you want to do as an adult
- ✓ Ask questions and get information about your future
- ✓ Take part in your IEP meetings and transition planning meetings
- ✓ Get work experience by doing chores and volunteer work
- ✓ Learn skills, find supports or use adaptive devices to help you do more things on your own
- ✓ Recruit people to help you
- ✓ Plan ahead to give yourself the best chance of having the kind of adult life you want



How Does Having a Chronic Health Condition or Disability Affect Transition?

- Everyone faces new chances and new difficulties when they leave high school
- All youth need to find adult doctors, but there might be extra steps in finding specialists who know about your condition
- You may need extra help taking care of yourself and need to plan to make sure supports are in place
- It may take time to learn to do as much on your own as possible, but remember that everyone needs help to do certain things



**Have you ever watched the Oscars? Or seen athletes getting awards?
Almost always, they thank the people who have helped them.**