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.