

### **What is Health Care Transition?**

Health care transition is helping teens and young adults with chronic health conditions plan the move from CHILD-CENTERED to ADULT-CENTERED health care systems. This includes:

- Creating a long-term plan starting at a young age to get ready for adult life.
- Shifting responsibilities from parent to child/youth/young adult.
- Continuing health care with adult health care providers.
- Helping youth and young adults to make their own health care decisions.

### **Children Can Play an Active Role in Their Health Care**

#### ***When your child is young***

- Help your child understand the health condition/disability in order to better communicate his/her needs.
- Teach your child to take responsibility for his/her own medicine and the reasons for needing it.
- Teach your child to identify signs and symptoms that require medical attention and the steps needed to get help.
- Encourage your child to ask questions and talk directly with health care providers.
- Teach your child self-care, such as treatments, therapies and exercises.

#### ***When your child is an adolescent***

- Assess your teen's knowledge of his/her health condition/disability – fill the gaps in understanding.
- Teach your teen to take responsibility for his/her own medicine, the reasons for needing it and steps for refilling.
- Teach your teen to call the doctor when signs and symptoms need medical attention.
- Discuss the long-term course of the health condition/disability with your teen and what might be expected in the future.
- Allow your teen to go to doctor visits without you. Encourage your teen to communicate directly with health care providers.
- Teach your teen to manage his/her self-care skills related to the health condition/disability.
- Encourage your teen to keep a record of his/her medical history, including conditions, operations, treatments and current medications.

**View Transition Resources at: [dsc.uic.edu](http://dsc.uic.edu)**