

Health Care Transition

Transition Skills, Tips & Tools



What is Health Care Transition?

Health care transition means moving from pediatric (child) to adult health care. A good transition takes planning. You may 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 readiness 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
 - Getting a prescription
 - Understanding health insurance
 - Managing medications
 - Responding to a medical emergency
 - Working with your doctor
 - Knowing about differences in care as you prepare to transition to adult care

Resources:

University of Illinois
Chicago's Division of
Specialized Care for
Children

[https://dscc.uic.edu/
browse-resources/
transition-resources/](https://dscc.uic.edu/browse-resources/transition-resources/)

Got Transition, the National
Resource Center on Health
Care Transition

[https://www.gottransition.
org/youth-and-young-
adults/](https://www.gottransition.org/youth-and-young-adults/)