

The **American Academy of Pediatrics** reports that transition planning improves a youth's ability to “assume adult roles and activities” (AAP 2011).

Transition planning works to support good health habits. One good health habit is taking the medicines your health care provider orders. This issue of *Smooth Moves* will look at the topic of medications. If your youth has a special need, taking the right medicines at the right time is probably very important to their health and well being.

Work with your health care provider on a transition plan for your youth. Ask your provider if your youth could start learning to take some of their own medicines. A transition plan should be based on your youth's abilities and strengths.

Always remember, learning new things are easier when taken in small steps. Move to more difficult tasks after easier tasks are mastered. Your youth will build confidence as they go.

Questions and Think Points for Transitioning Youth:

1. Do you know what medicines you take and why?
2. Do you know how to read a pill bottle label?
3. Do you know how to fill a prescription or reorder your medicines at the pharmacy?
4. Do you ask your doctor or pharmacist about medication questions you have?
5. Do you know about medicine safety?

Online tools & resources:

- www.dhh.la.gov/cshs
- www.healthytransitionsny.org
- www.cdc.gov (home & recreation safety)
- www.fda.gov (drugs)



Action ideas:

MEDICATIONS

- ⇒ Keep an up to date list of your medicines
- ⇒ The list should include the dose, how often the medicine is taken and what it is for
- ⇒ Go over the medicine list periodically with your health care provider— participate and ask questions
- ⇒ Review with your pharmacist or parent the information located on the pill bottle and discuss steps to refilling a prescription
- ⇒ Know medication safety rules: take only medicines prescribed for you, always report side effects, keep medicines in a safe place & follow directions (for more info www.cdc.gov)

Resources:

Supporting the Healthcare Transition from Adolescence to Adulthood in the Medical Home. July 2011. Pediatrics (AAP)

Best Practices in Managing Transition to Adulthood for Adolescents With Congenital Heart Disease: The Transition Process and Medical and Psychosocial Issues. 2011, American Heart Association.

As They Grow: Teaching Children How to Use Medicines Safely. U.S. Food and Drug Administration. www.FDA.gov. 2013.

Transition Health Care Information Sheet. Children's Special Health Services Louisiana. 2013