

# SMOOTH MOVES

## Youth Health Transitions Vol 1

Did you know supporting health care transitions for youth with special health care needs is so important that it is one of the **Healthy People 2020** National Public Health Goals?

Transitioning from pediatric health care services to adult health services can be a difficult task for any young adult, but it is especially hard for youth with special health care needs. Transition planning with your health care providers can break the process into small easy steps so everyone is prepared for the changes ahead.

Supporting youth as they transition to adult services can help develop healthy lifestyle habits and foster independence. It is recommended to begin transition planning around age 12.

Make sure to actively include your youth in transition planning and keep lines of communication wide open. Your health care providers are an excellent resource to help assess your child's readiness for learning independent care activities. A team effort helps guarantee a smooth move!

Once created, transition plans should be reviewed periodically and adjusted as needs and goals change. Each 'Smooth Moves' article will look at a transition topic and provide action items and discussion points for youth and their families. Stay tuned for transition planning tips!



## GETTING STARTED

- ⇒ Talk with your Health Care Providers about their office policy for youth transition policy
- ⇒ Assess your youth's readiness for learning independent health care skills
- ⇒ If possible, talk with your youth about their future goals for adult life
- ⇒ Complete an Emergency Information Form or use a notebook to write a medical history—this can help organize medical information and identify special needs to be addressed in transition planning

### 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. 2011, American Heart Association.

Emergency Preparedness for Children with Special Health Care Needs. Oct 1999. Pediatrics (AAP) [www.childrensnational.org/files/PDF/EMSC/PubRes/EIForm.pdf](http://www.childrensnational.org/files/PDF/EMSC/PubRes/EIForm.pdf)

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