

“For transition planning to succeed, providers, and parents/caregivers must view the youth as the driver in the process and encourage the youth to assume increasing responsibility for his or her own health care to the fullest extent possible” (AAP, 2011).

The transition period from adolescence to young adulthood is the time for youth to learn needed life-skills.

A transition plan is:

- a life-skills learning plan
- focused on supporting independence and maximizing a youth's potential
- based on a youth's personal interest and goals

Putting your youth in the driver's seat of his/her transition plan is important! Youth are empowered when they are encouraged to take the lead with transition. Supporting their interest and goals fosters development of self-management skills. The development of self-management skills help youth to gain more control in, and over, their life.

Transition Readiness Checklists or Assessments are tools that help assess transition skill needs. This issue of 'Smooth Moves' features the *Health Transition Readiness Assessment for Youth* (see next page).

Readiness Assessment Tools:

- identify skills needed for transition
- measures progress of transition plans
- provides an opportunity to discuss adult roles and responsibilities with your youth
- helps formulate discussion questions for your youth and their health care provider

Health care providers are a key resource for health transition plans. Your health care provider can help assess your youth's readiness for specific self-care activities. Back-to-school check-ups are a good time to talk with your health care provider and review transition plans. Encourage your youth to participate and ask questions. Talking with their health care provider builds advocacy skills and prepares them for the coming world of adult health care.

Take transition plans one step at a time to assure a smooth move to adulthood!



Action Items & Think Points for Youth:

TRANSITION PLANNING

- ⇒ Complete the Readiness Assessment
- ⇒ Set goals for your transition plan
- ⇒ Work with your family, health care provider, and school on developing a transition plan that suits your goals
- ⇒ Check out resources and transition toolkits

www.gottransition.org

www.communityinclusion.org/pdf/man5.pdf

<http://rwjms.rutgers.edu/boggscenter/products/documents/TransitiontoAdultHealthcare-EN-complete.pdf>

Resources:

Supporting the Health Care Transition From Adolescence to Adulthood in the Medical Home. AAP, AAFP, and ACP, Transitions Clinical Report Authoring Group, 2011 *Pediatrics* Vol 128 No 1, p 182-200.

Being a Healthy Adult: How to Advocate for Your Health and Health Care. Roberson K. 2010. The Elizabeth M. Boggs Center on Developmental Disabilities. <http://rwjms.umdnj.edu/boggscenter>

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