Transition Ready! Moving from Child to Adult Health Care
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Why I’m Here...
Alphabet Soup
Who we are
Primary Network in Wisconsin

- Parent Parent Wisconsin
- Family Voices of Wisconsin
- Wisconsin Medical Home & Children’s Health Alliance of Wisconsin
- ABC for Health Since 1994
- Health Transition Wisconsin

Wisconsin Title V Children and Youth with Special Health Care Needs Program

Well Badger Resource Center
Health Transition Wisconsin
Supporting Youth to Adult Healthcare

Purpose
Ensure that “high-quality, developmentally appropriate, health care services are available in an uninterrupted manner as the person moves from adolescence to adulthood”

Regional Centers
Wisconsin
Southern Regional Center

Location: Waisman Center, Madison
Phone: 608-265-8610
Toll Free: 800-532-3321
Director: Tim Markle

cyshcn@waisman.wisc.edu
waisman.wisc.edu/cshcn
Where We’re Going

1. What is Health Care Transition anyway?
2. Introduce the Readiness Assessment for Parents & Youth
3. Introduce the Eight Tools for Health Care Transition
4. Discuss ways to include health and health care discussions in school, work and everyday life
What is health care transition?

“The purposeful, planned movement of adolescents and young adults (AYA) with chronic physical and medical conditions from child-centered care to the adult-oriented healthcare system.”

- Society for Adolescent Health and Medicine
Families and teens who are, or will be turning 18. Especially if identified with a disability or health care need.

Who needs to think about coordination of care & transition?
Why is health so important?

Increased independence.
Success in day to day life.
Continue education.
Working.
Transition is a process

Health

Living on your own

School

Rights & Decision Making

Work
Today we’re focused on health
Tools
Tools

• Readiness Assessment

• Eight tools of Transition
Readiness Assessment

What do you already know about your health?
GotTransition.org

• Parent/Caregiver Transition Readiness Assessment
• Youth Transition Readiness Assessment

www.gottransition.org
Eight Health Tools

Health Transition Wisconsin
Supporting Youth to Adult Health Care Transition

https://healthtransitionwi.org/

https://healthtransitionwi.org/youth-families/
Step-by-Step

Check out these additional resources to take charge of your health care!

• Resources
• Build Your Bridge Workbook
Eight Health Tools

• Adult Providers
  • Decisions
    • Health Insurance
    • Emergency Contacts
    • Appointments
  • Medications
  • Health Summary
  • About Me
As a parent or self-advocate, how can I apply the 8 tools?
Develop a good relationship with your doctor.

Know your child’s legal rights and the ages when they change.

Encourage responsibility where possible.
Decisions

• Healthy Living Choices

• Privacy and Health Information

• Who Helps Manage My Health Care?
  • Guardianship, Partial Guardianship, Supported Decision Making?
Health Insurance

How do I get it?
What does it cover?
Who can I see?
What does it cost?

Carry an ID Card.
Emergency Contacts
Who do I call?
What kind of appointment is it?
When am I available?
How am I going to get there?
How will I remember to go?
Will I always see my doctor?
What about at night?
Can someone come with me?
Do you cover my insurance?
Online vs phone
Medications

Learning about medications

Effects of medications

Refilling medications
Health Summary

Condition or Diagnosis
Surgeries
Allergies
Medications
About Me

• How do I learn
• What do I like? Dislike?
• What makes me feel uncomfortable?
• What is important to me?
Including Health Care Discussions in School, Work, and Life
IHP—Individual Health Plan

• Developed in response to the healthcare needs of a student that affect or have the potential to affect safe & optimal school attendance & academic performance. (NASN 2013) *Does not have to have an IEP

• Utilizes school nurses/care team

• Includes goals, expected outcomes to promote health, prevent disease or injury & enhance academic achievement.

• Living document of shared responsibility & communication
Health & the IEP

• Are there health related goals that would help this student achieve academically?
• Are there health related goals that would help this student achieve a greater level of independence?

• Accommodations:
  • More frequent visits to bathroom or see nurse
  • Access to water
  • Snack to keep blood sugar up
  • Alarm on phone/watch
  • Extra time (fatigue)
  • Vision/hearing
Health & the Postsecondary Transition Plan (PTP)

• Encourage students to **attend and participate in** their IEP.

• Help student **come prepared with ideas** to share with team.

• Help student and team identify goals for independent living

• Help student and team identify goals around managing health or health care
Health & the PTP

• Classroom and accommodation or modification needs
• Disability Rights and how they change for college and jobs
• Assistive technology needs for classes
• Finding paperwork to meet with college disability services
• Talking to my teachers about my disability
• Learning more about my strengths and becoming self-aware
• Help individual identify and self advocate for needed work place modifications
  • headset for phone, specific seating/location, additional bathroom breaks, a quiet work environment, etc

• Talk about identify appropriate disclosure regarding health care conditions or disability
Starting Early with Conversations

Prepare Your Child for Transitioning to Adult Health Care

1. Allow youth time alone with health care provider
2. Signing clinic and other health related release forms
3. Talk about medications
4. Complete Readiness Assessment
5. Take part in training events to learn about the changes that happen when a child transitions to adult life
Next Steps

• Take the readiness assessment;
• Start conversations early;
• Visit the Health Transition WI website and download the workbook; and
• Talk to doctors and teachers about transition plan.
Transition Resources

www.gottransition.org

HEALTH TRANSITION WISCONSIN

SUPPORTING YOUTH TO ADULT HEALTHCARE

www.healthtransitionwi.org
Additional Tools & Resources

Providers and Teens Communicating for Health

www.patch.org

Self-Directed Health Care Kit

www.wi-bpdd.org
Contact information

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Thank you!