



Transition Ready! Moving from Child to Adult Health Care



Southern Regional Center
Children and Youth with
Special Health Care Needs



WAISMAN CENTER
UNIVERSITY OF WISCONSIN-MADISON
University Center for Excellence in Developmental Disabilities

Presenter

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Transition, Provider Education

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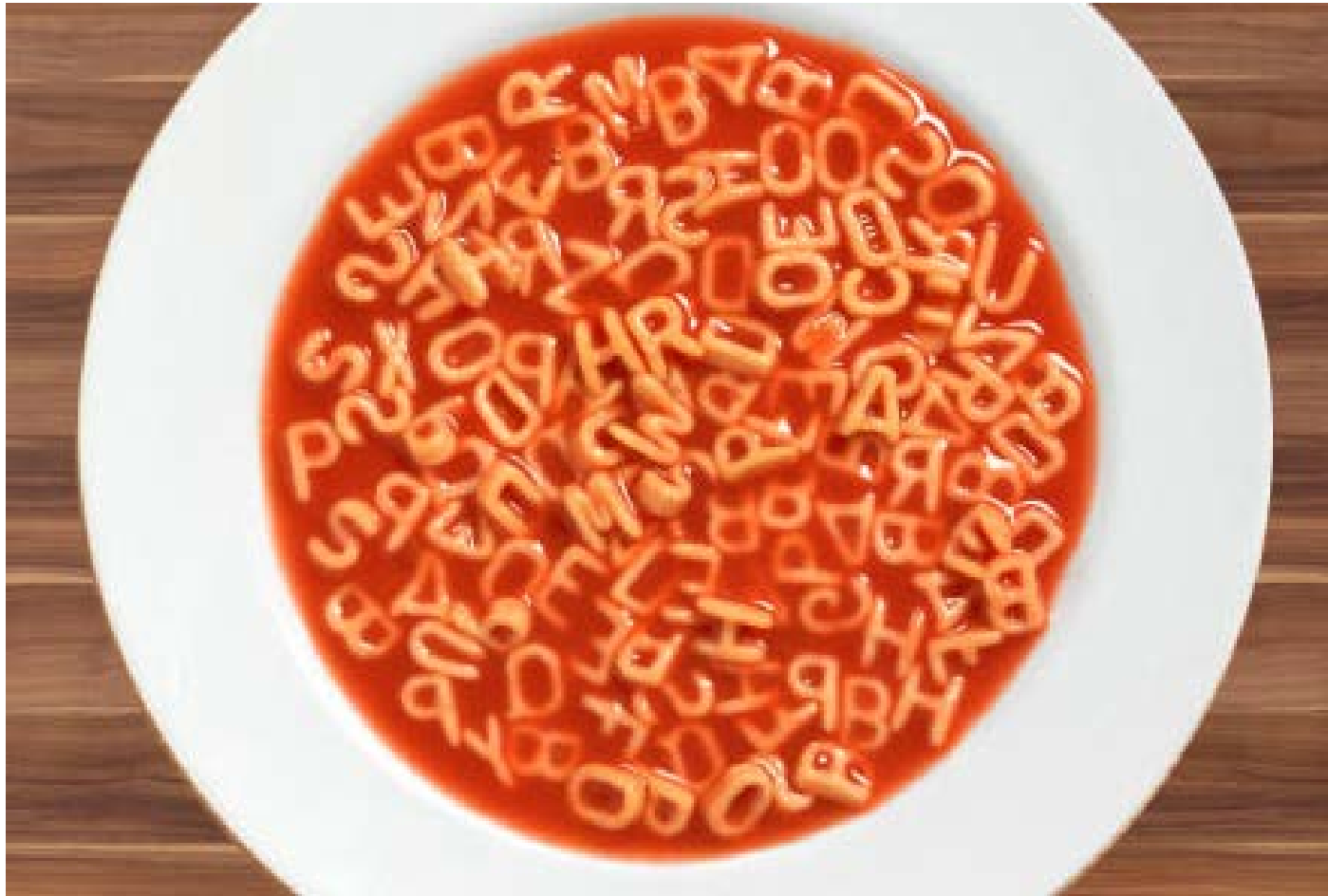


Why I'm Here...





Alphabet Soup



Who we are

Primary Network in Wisconsin





Statewide Initiative



HEALTH TRANSITION WISCONSIN

SUPPORTING YOUTH TO ADULT HEALTHCARE

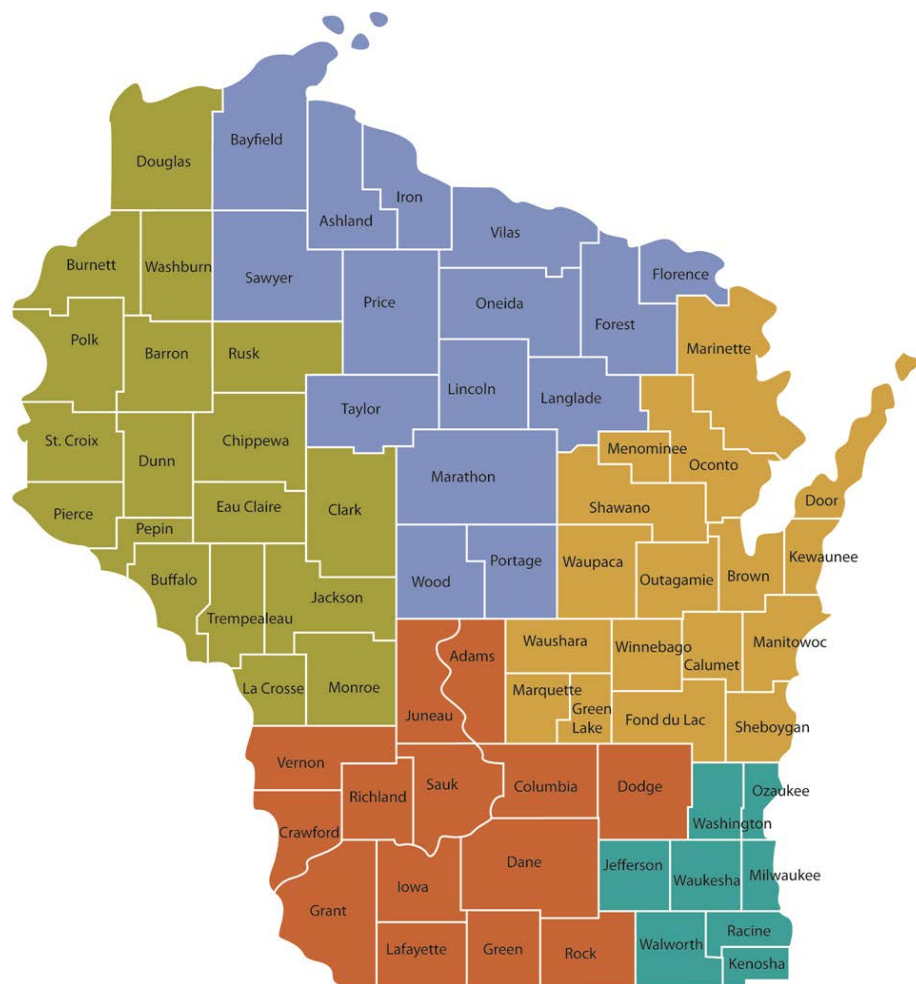


Purpose

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

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Regional Centers Wisconsin



Southern Regional Center

Location: Waisman Center, Madison

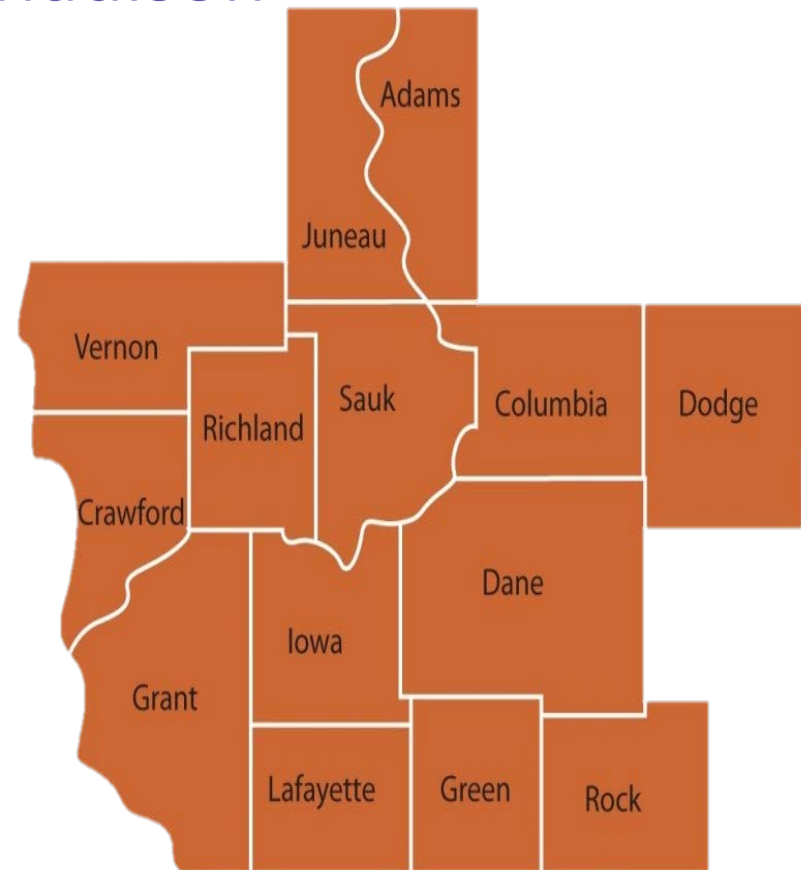
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Where We're Going

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 way to include health and health care discussions in school, work and every day 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



Who needs to
think about
coordination
of care &
transition?

Families and teens
who are, or will be
turning 18.

Especially if
identified with
a disability or
health care need.



Why is health so important?

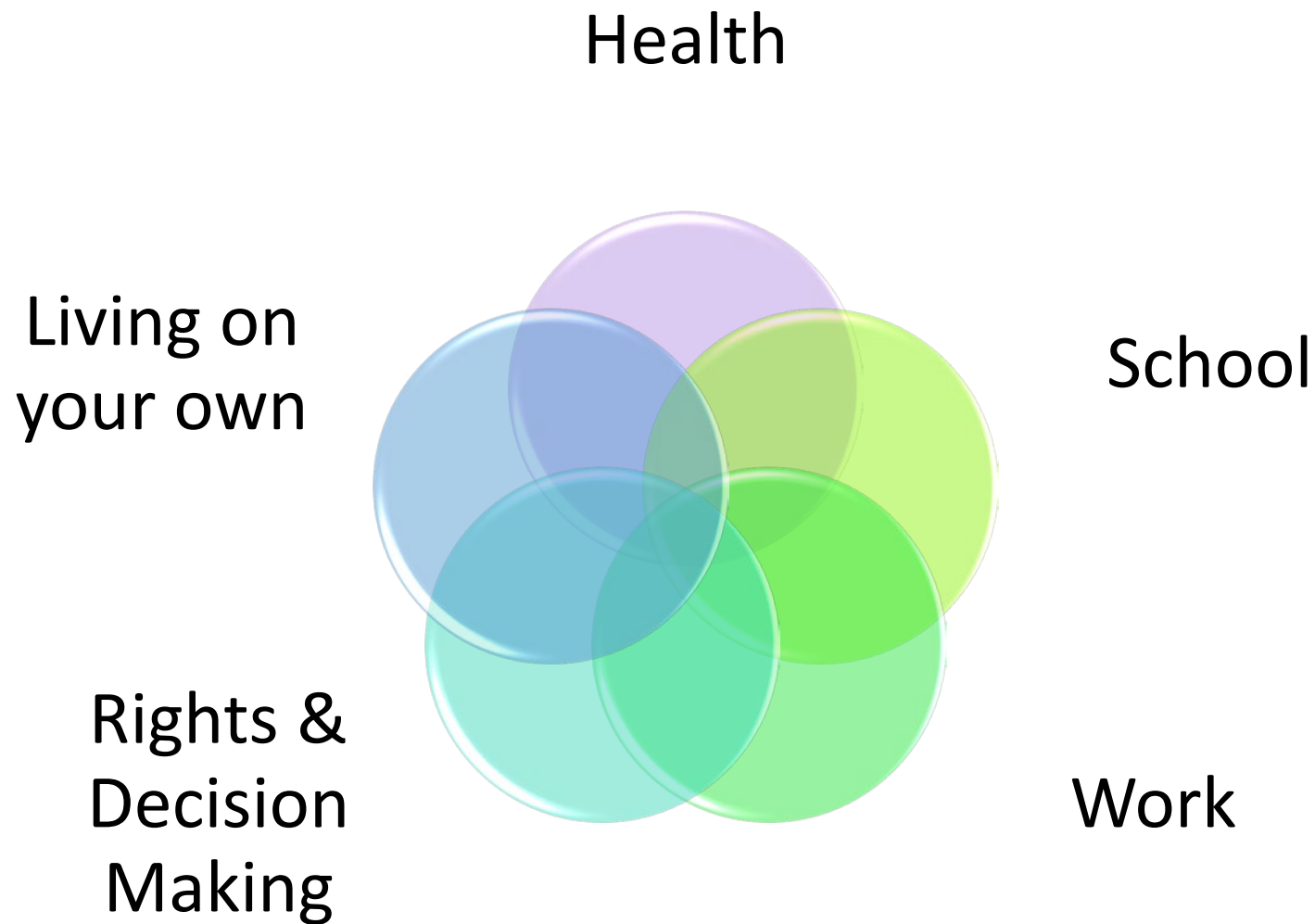
Increased independence.

Success in day to day life.

Continue education.

Working.

Transition is a process





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



Applying and using tools

As a parent or self-advocate, how can I apply the 8 tools?



ADULT PROVIDERS



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



APPOINTMENTS



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?

APPOINTMENTS



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

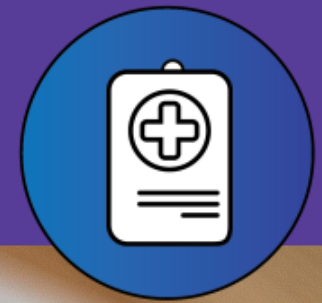
Effects of medications

Refilling medications

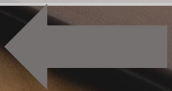




Health Summary



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

Health & the IHP

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



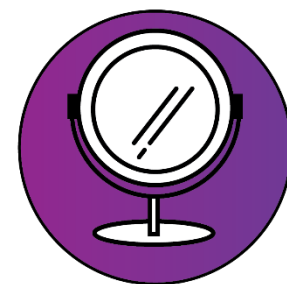
Health & the PTP



- Classroom and accommodation 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

Health & the Work Place

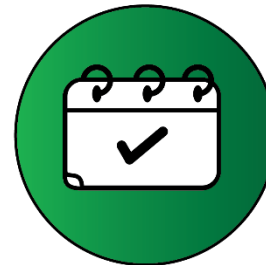
- Help individual identify and self advocate for needed work place modifications
 - headset for phone, specific seating/location, additional bathroom breaks, a quiet work environment, etc
- Talk about identify appropriate disclosure regarding health care conditions or disability



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



– National Resource

www.gottransition.org



HEALTH TRANSITION WISCONSIN

SUPPORTING YOUTH TO ADULT HEALTHCARE



www.healthtransitionwi.org

Transition Resources



www.pacer.org



<https://wisewisconsin.org/up-to-me/>

Additional Tools & Resources



Providers and Teens
Communicating for Health

www.patch.org



**Wisconsin Board for People
with Developmental Disabilities**

www.wi-bpdd.org

Self-Directed
Health Care Kit

Contact information

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Thank you!