

Transition to Adult Healthcare Guideline for Independent Youth

This guideline identifies tasks that could help when transitioning to adult healthcare. Each age level lists new tasks to do **in addition to** the items in the previous age. Some youth may be ready to do these tasks earlier, while others may start at a later age. **Not all tasks are applicable to everyone.** Some activities may need parent involvement. However, the goal is to promote youth independence as much as possible.

| | At around ages 12 14 | At around ages 14 16 | At around ages 16 17 | At around age 17+ |
|--------------|--|--|---|--|
| APPLY FOR: | <ul style="list-style-type: none"> <input type="checkbox"/> Social Insurance Number (SIN) <input type="checkbox"/> Bank Account | <ul style="list-style-type: none"> <input type="checkbox"/> Government issued Driver's License or photo ID | | |
| LEARN ABOUT: | <ul style="list-style-type: none"> <input type="checkbox"/> Your medical condition, allergies, medications, treatments, and prognosis <input type="checkbox"/> Talking to your healthcare team <input type="checkbox"/> How your role changes with the transition to adult healthcare <input type="checkbox"/> Support groups, volunteer opportunities, and connections with other youth transitioning to adult healthcare <input type="checkbox"/> Healthy lifestyle choices <input type="checkbox"/> Public and/or accessible transportation | <ul style="list-style-type: none"> <input type="checkbox"/> How your medical condition can affect your future independence - For example, <ul style="list-style-type: none"> <input type="checkbox"/> ability to drive <input type="checkbox"/> living on your own <input type="checkbox"/> education <input type="checkbox"/> work <input type="checkbox"/> How medications can react with other medications, street drugs and alcohol <input type="checkbox"/> Confidentiality, informed consent, and your patient rights <input type="checkbox"/> Community resources that support transition to adulthood | <ul style="list-style-type: none"> <input type="checkbox"/> The differences between pediatric and adult care <input type="checkbox"/> Changes to health insurance when you become an adult <input type="checkbox"/> Budgeting and managing your money <input type="checkbox"/> Living away from home <input type="checkbox"/> Options for post-secondary education and available supports <input type="checkbox"/> Medical equipment or supplies <input type="checkbox"/> Making your own healthcare decisions <input type="checkbox"/> Adult Home Care (i.e. Vendor Services or Self-Managed Care [SMC]) | <ul style="list-style-type: none"> <input type="checkbox"/> Adult medical and dental insurance* <input type="checkbox"/> Adult Funding* (i.e. Assured Income for the Severely Handicapped – AISH) <input type="checkbox"/> Post-secondary education and support <input type="checkbox"/> Scholarships and bursaries <input type="checkbox"/> Adult Home Care* – Attend orientation if doing SMC |
| PREPARE BY: | <ul style="list-style-type: none"> <input type="checkbox"/> Completing the Transition Readiness Checklist for Youth or Parent each year <input type="checkbox"/> Creating a MyHealth Passport or Health Journal & updating it each year <input type="checkbox"/> Finding a family doctor <input type="checkbox"/> Helping with meals, grocery shopping and household chores <input type="checkbox"/> Answering/asking questions at your clinic visits | <ul style="list-style-type: none"> <input type="checkbox"/> Setting up a routine to take your medications <input type="checkbox"/> Attending a transition workshop <input type="checkbox"/> Having an appointment with your family doctor at least once a year <input type="checkbox"/> Keeping track of important health information <input type="checkbox"/> Spending some clinic time talking to your doctor on your own <input type="checkbox"/> Participating in medical decisions | <ul style="list-style-type: none"> <input type="checkbox"/> Updating your medical equipment <input type="checkbox"/> Ensuring your last pediatric clinic visits are scheduled <input type="checkbox"/> Confirming that your family doctor is receiving all relevant medical reports <input type="checkbox"/> Consulting the doctor on your own <input type="checkbox"/> Filling or refilling your prescriptions | <ul style="list-style-type: none"> <input type="checkbox"/> Booking clinic appointments <input type="checkbox"/> Preparing for your clinic visits <input type="checkbox"/> Discussing advanced care planning with your health care team <input type="checkbox"/> Obtaining a Medical Transfer Summary |

For more details review the **Well on Your Way** website at www.ahs.ca/y2a

* Denotes time sensitive task