

Transition to Adult Healthcare Guideline for Dependent Youth

This guideline identifies tasks that could help when transitioning to adult healthcare for youth that will be dependent on others in adulthood. The ways and degrees in which the youth will depend on others will be different for everyone. Each age range lists new tasks to do **in addition to** the items in the previous age range. 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.**

	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"/> Disability Tax Credit & Registered Disability Savings Plan 	<ul style="list-style-type: none"> <input type="checkbox"/> Government issued photo I.D. <input type="checkbox"/> My Alberta Digital ID 	<ul style="list-style-type: none"> <input type="checkbox"/> Persons with Developmental Disabilities (PDD) ** 	<ul style="list-style-type: none"> <input type="checkbox"/> Adult health insurance benefits** <input type="checkbox"/> Adult Home Care** – If doing SMC, attend orientation <input type="checkbox"/> Assured Income for the Severely Handicapped (AISH)** <input type="checkbox"/> Guardianship and Trusteeship** or co-decision making** <input type="checkbox"/> Education, employment, and/or volunteer opportunities
LEARN ABOUT:	<ul style="list-style-type: none"> <input type="checkbox"/> Youth's medical condition, allergies, medications, treatments, and prognosis <input type="checkbox"/> Talking to the healthcare team <input type="checkbox"/> How your role as caregiver may change with the transition to adult healthcare <input type="checkbox"/> Healthy lifestyle choices <input type="checkbox"/> Public and/or accessible transportation <input type="checkbox"/> Mental Health <input type="checkbox"/> Sexuality & reproductive health <input type="checkbox"/> Socialization and recreation opportunities <input type="checkbox"/> Self-management <input type="checkbox"/> Confidentiality, informed consent and patient rights <input type="checkbox"/> Personal safety (e.g. technology, social media and cyber safety) 	<ul style="list-style-type: none"> <input type="checkbox"/> Community resources that support transition to adulthood <input type="checkbox"/> How medications can react with other medications, street drugs and alcohol <input type="checkbox"/> How youth's medical condition will affect their future independence. For example: <ul style="list-style-type: none"> <input type="checkbox"/> Living arrangements <input type="checkbox"/> Participation in household tasks and adaptations to support independence <input type="checkbox"/> Education / work/ volunteer <input type="checkbox"/> Transportation/ driving/ mobility <input type="checkbox"/> Persons with Developmental Disabilities (PDD) – e.g. Agency versus Family Managed Services (FMS) 	<ul style="list-style-type: none"> <input type="checkbox"/> Differences between pediatric and adult care <input type="checkbox"/> Changes to health insurance when youth turns 18 <input type="checkbox"/> Adult Home Care – e.g. Self-Managed Care (SMC) versus Vendor Services <input type="checkbox"/> Assured Income for the Severely Handicapped (AISH) <input type="checkbox"/> Opportunities for youth to learn about budgeting and money management <input type="checkbox"/> Options to live away from home <input type="checkbox"/> How equipment funding changes when youth turns 18 <input type="checkbox"/> Guardianship and Trusteeship, co-decision making, and supported decision making <input type="checkbox"/> Education, employment, and/or volunteer opportunities 	<ul style="list-style-type: none"> <input type="checkbox"/> Where youth's care is being transferred <input type="checkbox"/> What to do if you have health concerns or questions during transfer of care <input type="checkbox"/> Advance care planning with youth's healthcare team <input type="checkbox"/> Community agencies, programs and services
PREPARE BY:	<ul style="list-style-type: none"> <input type="checkbox"/> Completing the Transition Readiness Checklist for Parents of Dependent Youth <input type="checkbox"/> Creating a MyHealth Passport or Health Journal and updating it each year <input type="checkbox"/> Organizing health information <input type="checkbox"/> Finding a family doctor <input type="checkbox"/> Providing opportunities for youth to help with meals, grocery shopping and household chores <input type="checkbox"/> Involving youth in making decisions wherever possible 	<ul style="list-style-type: none"> <input type="checkbox"/> Keeping track of important health information <input type="checkbox"/> Having an appointment with youth's family doctor at least once per year <input type="checkbox"/> Confirming that youth's family doctor receives all relevant medical reports <input type="checkbox"/> Requesting a psycho-educational assessment/reassessment for PDD application** <input type="checkbox"/> Signing up for Transition Information sessions <input type="checkbox"/> Connecting with other families transitioning to adult healthcare 	<ul style="list-style-type: none"> <input type="checkbox"/> Updating medical equipment <input type="checkbox"/> Ensuring final pediatric clinic visits are scheduled <input type="checkbox"/> Opening youth bank account(s) – Separate accounts needed for PDD (FMS), AISH, and Home Care (SMC) 	<ul style="list-style-type: none"> <input type="checkbox"/> Booking appointments with adult provider(s) <input type="checkbox"/> Preparing for your clinic visits <input type="checkbox"/> Requesting copies of most recent pediatric reports, physician letters and medical transfer summaries <input type="checkbox"/> Using an adult-oriented healthcare journal