



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:

- ☐ [Social Insurance Number \(SIN\)](#)
- ☐ [Disability Tax Credit & Registered Disability Savings Plan](#)

- ☐ Government issued [photo I.D.](#)
- ☐ An [Alberta.ca Account](#)

- ☐ [Persons with Developmental Disabilities \(PDD\)](#) **

- ☐ Adult [health insurance benefits](#)**
- ☐ Adult [Home Care](#)** – If doing [SMC](#), complete orientation
- ☐ [Assured Income for the Severely Handicapped \(AISH\)](#)**
- ☐ [Guardianship and Trusteeship](#)** or [co-decision making](#)**
- ☐ [Education](#), [employment](#), and/or [volunteer opportunities](#)

LEARN ABOUT:

- ☐ Youth's [medical condition](#), allergies, medications, treatments, and prognosis
- ☐ [Talking to the healthcare team](#)
- ☐ How your [role as caregiver may change](#) with the transition to adult healthcare
- ☐ [Healthy lifestyle choices](#)
- ☐ [Public and/or accessible transportation](#)
- ☐ [Mental Health](#)
- ☐ [Sexuality & reproductive health](#)
- ☐ [Socialization](#) and [recreation](#) opportunities
- ☐ [Self-management](#)
- ☐ [Confidentiality](#), [informed consent](#) and [patient rights](#)
- ☐ Personal safety (e.g. [technology](#), [social media](#) and [cyber safety](#))

- ☐ [Community resources](#) that support transition to adulthood
- ☐ How [medications](#) can react with other medications, street drugs and alcohol
- ☐ How youth's [medical condition](#) will affect their future independence. For example:
 - ☐ [Living arrangements](#)
 - ☐ Participation in household tasks and adaptations to support independence
 - ☐ [Education / work / volunteer](#)
 - ☐ [Transportation/ driving/ mobility](#)
- ☐ [Persons with Developmental Disabilities \(PDD\)](#) – e.g. Agency versus Family Managed Services (FMS)

- ☐ [Differences](#) between pediatric and adult care
- ☐ Changes to [health insurance](#) when youth turns 18
- ☐ Adult [Home Care](#) – e.g. [Self-Managed Care \(SMC\)](#) versus Vendor Services
- ☐ [Assured Income for the Severely Handicapped \(AISH\)](#)
- ☐ Opportunities for youth to learn about budgeting and [money management](#)
- ☐ Options to [live away from home](#)
- ☐ How [equipment](#) funding changes when youth turns 18
- ☐ [Guardianship and Trusteeship](#), [co-decision making](#), and [supported decision making](#)
- ☐ [Education](#), [employment](#), and/or [volunteer opportunities](#)

- ☐ Where youth's care is being transferred
- ☐ What to do if you have health concerns or questions during transfer of care
- ☐ [Advance care planning](#) with youth's healthcare team
- ☐ [Community agencies, programs and services](#)

PREPARE BY:

- ☐ Completing the [Transition Readiness Checklist for Parents of Dependent Youth](#)
- ☐ Organizing [health information](#)
- ☐ Finding a [family doctor](#)
- ☐ Providing opportunities for youth to help with meals, grocery shopping and household chores
- ☐ Involving youth in making decisions wherever possible

- ☐ [Keeping track](#) of important health information
- ☐ Having an appointment with youth's family doctor at least once per year
- ☐ Confirming that youth's family doctor receives all relevant medical reports
- ☐ Requesting a psycho-educational assessment/reassessment for [PDD](#) application**
- ☐ Signing up for [Transition Information sessions](#)
- ☐ [Connecting with other families](#) transitioning to adult healthcare

- ☐ Updating medical [equipment](#)
- ☐ Ensuring final pediatric clinic visits are scheduled
- ☐ Opening youth bank account(s) – Separate accounts needed for PDD (FMS), AISH, and Home Care (SMC)

- ☐ [Booking](#) appointments with adult provider(s)
- ☐ [Preparing](#) for your clinic visits
- ☐ Requesting copies of most recent pediatric reports, physician letters and medical transfer summaries
- ☐ Using an adult-oriented [healthcare journal](#)