Healthcare Transition is the change from a PEDIATRIC model of care (parents and caregivers make most decisions) to an ADULT model of care (most adults make their own healthcare decisions).

**Step 1: Start talking transition**

**Age 12-14**
- Know the names of doctors and reasons for seeing them.
- Allow time for the youth patient to meet with the physician alone.
- Fill out a checklist to prepare for adult healthcare.

**Step 2: Be in the know**

**Age 15-17**
- Youth, families, and doctor need to know youth’s
  - unique medical needs
  - communication style
  - disability
  - diagnosis
- Youth and family need to learn about privacy and consent before age 18.

**Step 3: Transition to adult care**

**Age 18 & up**
- Ask current doctor to recommend doctors who care for adults.
- Check on insurance coverage.
- Be sure medical records are sent to adult doctor(s).

Health Transition Wisconsin: healthtransitionwi.org
Wisconsin Regional Centers for Children and Youth with Special Healthcare Needs: dhs.wisconsin.gov/cyshcn/regionalcenters.htm

Wisconsin Resources
- **Build Your Bridge** - Training for families available through Wisconsin Regional Centers for Children and Youth with Special Healthcare Needs dhs.wisconsin.gov/cyshcn/regionalcenters.htm
- **Bridging the Gap** - Presentation at conferences and for community groups Email: healthtransitionwi@waisman.wisc.edu
- **Closing the Gap** - Training and technical assistance for medical practices to develop & implement healthcare transition strategies Email: healthtransitionwi@waisman.wisc.edu

Got Transition & National Resources
- **For Families** – 5 steps to prepare for Health Care Transition gottransition.org/resource/?five-steps-prepare-for-hct
- **For Youth and Young Adults** – Navigate the transition journey and get answers to your questions about moving to adult healthcare.
  gottransition.org/youth-and-young-adults/
  Sample Transition Readiness Assessment for Youth
gottransition.org/6ce/?leaving-readiness-assessment-youth
  Take a quiz: Are You Ready to Transition?
gottransition.org/youth-and-young-adults/hct-quiz.cfm
- **For Parents and Caregivers** – Find out how you can help your child move to the adult healthcare system.
  gottransition.org/parents-caregivers/
  Take a quiz: Is Your Youth Ready to Transition to Adult Health Care?
gottransition.org/parents-caregivers/hct-quiz.cfm
  Sample Transition Readiness Assessment for Parents/Caregivers
gottransition.org/6ce/?leaving-readiness-assessment-parent
- **For Healthcare Providers**
  Learn about the Six Core Elements™ that introduce a structured process to implementing youth to adult health transition for youth and young adults with and without special health care needs.
gottransition.org/six-core-elements/
  American College of Physicians Condition-Specific Tools: https://www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative

Healthcare Transition is a process that takes time and involves youth & families, pediatric & adult providers and coordination with other transition activities.