

Module 6: Assessing Health Care Transition Readiness

1

Learning Objectives

- ▶ Discuss the importance of health care transition readiness assessment
- ▶ Administer assessment tools
- ▶ Integrate health care transition assessment worksheets into IHP/504/IEP evaluations

▶ 2

Health Care Transition Readiness

- ▶ Student's confidence in and ability to
 - ▶ Manage their condition
 - ▶ Direct their care
 - ▶ Transfer to adult medicine

▶ 4

YSHCN & HCT Readiness

- ▶ Assess knowledge and abilities:
 - ▶ Their chronic condition
 - ▶ Good health habits
 - ▶ Responding to health emergencies

▶ 5

Assessing Health Care Transition Readiness: Significance

3

Case Study: Elements of Readiness Assessment



▶ 6

Assessing Health Care Transition Readiness: Student Tools

TRAQ Responses

No, I do not know how	No, but I want to learn	No, but I am learning to do this	Yes, I have started doing this	Yes, I always do this when I need to
-----------------------	-------------------------	----------------------------------	--------------------------------	--------------------------------------

▶ 10

Assessment Tools

- ▶ TRAQ = Transition Readiness Assessment Questionnaire
- ▶ Health Care Transition Planning Guides
 - ▶ Assessment worksheets
- ▶ IHP/504/IEP evaluations

▶ 8

TRAQ Skill Categories

- ▶ Managing Medications
- ▶ Appointment Keeping
- ▶ Tracking Health Issues
- ▶ Talking with Providers
- ▶ Managing Daily Activities

▶ 11

TRAQ Questions

▶ 9

Assessing with TRAQ

- ▶ Complete assessment
 - ▶ Make a plan
 - ▶ With goals
- ▶ Reassess annually
 - ▶ Update the plan

▶ 12

TRAQ Directions for Students

Directions for Youth and Young Adults: Please check the box that best describes your skill level in the following areas that are important for transition to adult health care. There is no right or wrong answer and your answers will remain confidential and private.

▶ 13

Planning Guide 1: Envisioning a Future



▶ 16

Health Care Transition Planning Guides

- ▶ Three guides
- ▶ By ages & health care transition stages
- ▶ Assessment worksheets

▶ 14

Planning Guide 2: Age of Responsibility



▶ 17

Planning Guide Sections

- ▶ Thinking About the Future ▶ Doctor Visits
- ▶ Basic Knowledge ▶ Health Care Transition
- ▶ Health Care Practices ▶ Transition to Adulthood
- ▶ Medications, Medical Tests, Equipment, and Supplies ▶ Health Care Systems

▶ 15

Student Worksheets

- ▶ Thinking About Your Future
- ▶ Health Care Independence
- ▶ Parental Health Care Transition Activities
- ▶ Transition Plan

▶ 18

Planning Guide 3: Age of Transition



▶ 19

Complement Parent/Student IEP Forms

Information needed for each form is either already an attached component of the IEP or is contained in the IEP or is available to you.

1 2 3 4

1	Transition and IEP Formwork
2	Informational materials
3	Communication materials
4	Health Care

19. Present Level of Academic Achievement and Functional Performance
 Information for the present level of performance is first stated from an appropriate **Student/Transition Services Information Worksheet**

The following information related to the student(s) also is follows:

Based on available data related to this domain, including formal and informal assessments, observations, work samples, and age-appropriate transition assessments (if appropriate), the student is able to:

The student's disability affects his/her involvement and progress in the general curriculum in this domain in the following ways:

▶ 20

Complement 504 Forms

Informational Materials (health care transition materials) to use by the student or provided for the student's health care team. Check all that apply. (circle appropriate boxes)

1. **Informational materials**

2. **Parental consent, assent, or refusal**

3. **Low vision device, glasses, or other visual device or assistive device**

4. **Medical records, including X-rays, and notes**

5. **Physician bill and/or other medical or other appropriate health care records**

6. **Insurance, benefits, and other financial records**

7. **Insurance, benefits, and other financial records**

8. **Transition assessment information, including any information, IEP, educational records and relevant legal files**

9. **Other records**

10. **Other records**

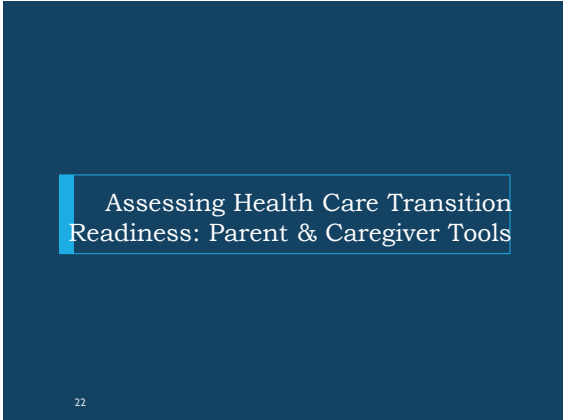
11. **Other records**

12. **Other records**

13. **Other records**

14. **Other records**

▶ 21



Assessing Health Care Transition Readiness: Parent & Caregiver Tools

▶ 22

TRAQ Directions for Caregivers

Directions to Caregivers/Parents: If your youth or young adult is unable to complete the trade below on their own, please check the box that best describes your skill level. **Check here** if you are a parent/caregiver completing this form.

▶ 23

Types of Caregiver Worksheets

- ▶ Thinking About Your Child's Future
- ▶ Health Care Independence
- ▶ Parental Health Care Transition Activities
- ▶ Transition Plan

▶ 24

Envisioning a Future: Caregiver Worksheets

I. School and Work

My child will go to high school? Yes No

My child will think to go to school? Yes No

My child will go to college? Yes No

My child will have a job when he/she is an adult? Yes No

What job is your son/daughter most likely to get? _____

▶ 25

Caregiver Worksheets – Age of Transition

I. Education and Employment

Over the next 12 months, will child:

Go to high school? Yes No

Go to high school or vocational school or other training program? Yes No

Go to high school or community college (2-year college)? Yes No

Go to high school or four-year college or university? Yes No

Have a job? Yes No

▶ 28

Parental Health Care Transition Activities

Activity	Completed	Not Completed
Review child's medical history		
Review child's current medications		
Review child's current health insurance		
Review child's current mental health services		
Review child's current social services		
Review child's current educational services		
Review child's current transportation services		
Review child's current housing services		
Review child's current financial services		
Review child's current legal services		
Review child's current religious services		
Review child's current cultural services		
Review child's current community services		
Review child's current family services		
Review child's current support services		
Review child's current advocacy services		
Review child's current self-advocacy services		
Review child's current peer support services		
Review child's current family support services		
Review child's current community support services		
Review child's current self-help services		
Review child's current peer-help services		
Review child's current family-help services		
Review child's current community-help services		
Review child's current self-help services		
Review child's current peer-help services		
Review child's current family-help services		
Review child's current community-help services		

▶ 26

Assessing Health Care Transition Readiness: In IHP, 504, & IEP

Caregivers of YSHCN: Age of Responsibility

Category	Age of Responsibility	Notes
Medical	18	
Education	18	
Financial	18	
Legal	18	
Religious	18	
Cultural	18	
Community	18	
Family	18	
Support	18	
Self-help	18	
Peer-help	18	
Family-help	18	
Community-help	18	

▶ 27

Health Care Transition Process: Assessment

- | | |
|----------------------------|----------------------------|
| 1. Envisioning a Future | 5. Doctor Visits |
| 2. Basic Knowledge | 6. Health Care Transition |
| 3. Health Care Practices | 7. Transition to Adulthood |
| 4. Medications & Equipment | 8. Health Care Systems |

▶ 30

Introducing Assessment

- ▶ After initial health care transition conversation
- ▶ Part of adolescent development
- ▶ Begin with Stage I – Envisioning a Future
- ▶ As prep for IHP/504/IEP development

▶ 31

Completing the TRAQ

▶ 34

Gradual Release of Responsibility

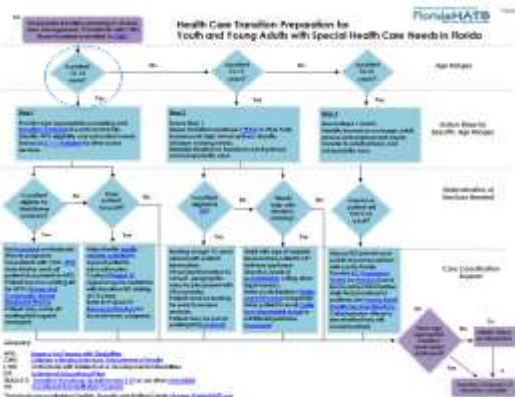


▶ 32

Existing School-based Skill Assessments

- ▶ Special education assessments
- ▶ IEP forms
- ▶ Section 504 referrals
- ▶ IHP development

▶ 35



▶ 36

Completing the Planning Guide

- ▶ Provide with IHP/504/IEP parent forms
 - ▶ In advance of meetings
 - ▶ As preparation activity
- ▶ Break into portions
 - ▶ Divide over two days
 - ▶ One section a week

Using Planning Guide Worksheets

- ▶ Student and caregiver complete independently
- ▶ Support TRAQ assessment
- ▶ Identify activities for health care transition Plan

▶ 37

Example Student: IEP with HCT Assessment

- ▶ Meet Joe
 - ▶ 19-years-old
 - ▶ Last year of high school
 - ▶ Severe seizure disorder and mild intellectual disability
- ▶ His transition goals
 - ▶ Become a chef
 - ▶ Move into his own apartment

▶ 40

YSHCN and the Planning Guides

- ▶ Start at beginning
- ▶ Build to fullest capability
- ▶ Caregiver worksheets

▶ 38

How to Assess Joe's HCT Readiness

No, I do not know how	No, but I want to learn	No, but I am learning to do this	Yes, I have started doing this	Yes, I always do this when I need to
--------------------------------	----------------------------------	---	---	---

▶ 41

Integrate with IHP/504/IEP Evaluations

- ▶ Functional assessments
- ▶ Medical evaluations
- ▶ Student/caregiver meeting prep
- ▶ Vocational/independent living evaluation

▶ 39

Example Student: 504 & HCT Assessment

- ▶ Meet Jane
 - ▶ 16- years-old
 - ▶ Starting her junior year
 - ▶ Type I diabetes
- ▶ Post-secondary goals
 - ▶ Attend college
 - ▶ Move to California

▶ 42

How to Assess Jane's HCT Readiness



▶ 43

HCT Assessment: Include Medical Providers

- ▶ Request care plan/transition plan with medical evaluation documents
- ▶ Use care coordinator input for IEP domains
- ▶ Give medical providers blank copies of Planning Guides and Worksheets to use in their practice

▶ 46

Interactive Question

What would be the best year to begin health care transition assessment with Joe and his mother?

How about with Jane and her parents?

▶ 44

National Center for Transition Improvement

Year	1990	2000	2010	2015
Number of children with IEPs	1,000,000	1,500,000	2,000,000	2,500,000
Number of children with IEPs aged 14-21	100,000	150,000	200,000	250,000
Number of children with IEPs aged 18-21	50,000	75,000	100,000	125,000
Number of children with IEPs aged 22-24	25,000	37,500	50,000	62,500
Number of children with IEPs aged 25-29	12,500	18,750	25,000	31,250
Number of children with IEPs aged 30-34	6,250	9,375	12,500	15,625
Number of children with IEPs aged 35-39	3,125	4,687	6,250	7,812
Number of children with IEPs aged 40-44	1,562	2,343	3,125	3,906
Number of children with IEPs aged 45-49	781	1,172	1,562	1,953
Number of children with IEPs aged 50-54	390	586	781	977
Number of children with IEPs aged 55-59	195	293	390	488
Number of children with IEPs aged 60-64	97	146	195	244
Number of children with IEPs aged 65-69	48	73	97	122
Number of children with IEPs aged 70-74	24	36	48	61
Number of children with IEPs aged 75-79	12	18	24	30
Number of children with IEPs aged 80-84	6	9	12	15
Number of children with IEPs aged 85-89	3	4	6	7
Number of children with IEPs aged 90-94	1	2	3	4
Number of children with IEPs aged 95-99	0	0	0	0

▶ 47

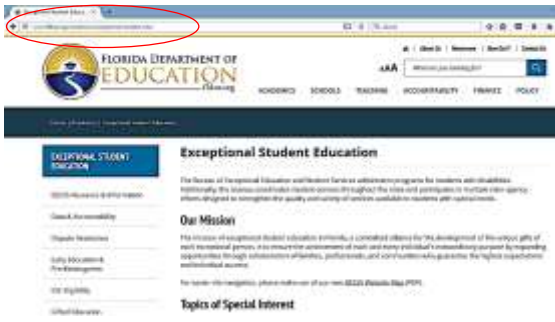
Assessing Health Care Transition Readiness: Resources

45

Waisman



▶ 48



▶ 49

Key Points

- ▶ Students and caregivers complete Planning Guides independently
- ▶ Complete TRAQ in person
- ▶ All students start with first guide
- ▶ Integrate with IHP/504/IEP activities
- ▶ Partner with health care providers

▶ 50

Summary of Tools



▶ 51

Citations

1. Clinical Report – Supporting the Health Care Transition from Adolescence to Adulthood in the Medical Home, 2011. American Academy of Pediatrics, American Academy of Family Physicians, and the American College of Physicians-Pediatrics. DOI: 10.5422/peds.2011.0969.
2. Wood, Sawicki, Reiss, Livingston, and Kraemer. Transition Readiness Assessment Questionnaire. Published 2010. Revised 2014. University of Florida, FloridaHATS, and Florida Department of Public Health, Children's Medical Services.
3. Reiss, J and Gibson, K. Health Care Transition Planning Guides. 2005. Institute for Child Health Policy at the University of Florida.
4. Got transition/Center for Health Care Transition Improvement. 2014. Accessed 4/5/2014. <http://www.gottransition.org/providers/index.cfm>.
5. Washington State Department of Health, Children and Youth with Special Health Care Needs. 2011. Adolescent Health Transition Project, Center on Human Development and Disability.
6. Florida Department of Education, Division of Public Schools, Bureau of Exceptional Student Education and Student Services. 2011. District Implementation Guide for Section 504.
7. National Center on Secondary Education and Transition and PACER Center newsletter. 2006. What does health have to do with transition?
8. American Diabetes Association and the Disability Rights Education and Defense Fund, Inc. 2004.

▶ 52