



**Health Care Transition in the
 School Setting:
 A Training Program for Educators**

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Course Audience

- ▶ General education teachers
- ▶ Special education teachers
- ▶ School nurses
- ▶ School social workers
- ▶ Transition specialists
- ▶ School-based therapists
- ▶ Counselors
- ▶ Resource specialists
- ▶ Administrators

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Course Focus

Supporting students' transition from child-focused to adult-oriented systems of care

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Course Learning Objectives

- ▶ Describe health care transition and its significance within the larger transition to adulthood
- ▶ Identify educator's role in health care transition
- ▶ Partner effectively with health care providers
- ▶ Name strategies to improve student health literacy, communication, and self-advocacy
- ▶ Integrate health care transition into students' IEPs, 504 plans, & IHPs

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Course Modules

- | | |
|---|-----------------------------------|
| 1. Introduction | 6. Assessing health care needs |
| 2. Adolescent development | 7. Health care skill development |
| 3. Working with the health care community | 8. Care transfer |
| 4. Legal and financial considerations | 9. Conclusion |
| 5. Health insurance | 10. Continuing education activity |

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Important Phrases

- ▶ Youth with Special Health Care Needs
 - ▶ YSHCN
- ▶ Parents and caregivers
- ▶ Providers
 - ▶ Medical providers
 - ▶ Health care providers
- ▶ Adult medicine
 - ▶ Adult-oriented providers

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Module 1
Introduction to Health Care Transition

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Module Learning Objectives

- ▶ Define health care transition
- ▶ Explain the importance of health care transition for students
- ▶ Describe the current state of health care transition

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What is Health Care Transition?

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Transition & Special Education

- ▶ Results-oriented process
- ▶ Academic and functional achievement
- ▶ Facilitate school to post-school activities
- ▶ Individualized

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Special Education Transition Services

- ▶ Instruction
- ▶ Community experiences
- ▶ Develop post-school adult living objectives
- ▶ Acquisition of daily living skills
- ▶ Functional voc education

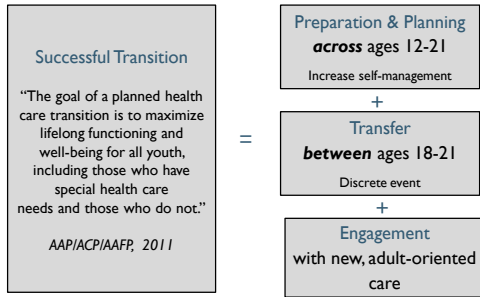
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Health Care Transition - Defined

The purposeful, planned movement of adolescents and young adults, with or without special health care needs, from child-centered to adult-oriented health care systems

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Successful Health Care Transition



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HCT Goals in Special Education

- ▶ Post-secondary education
- ▶ Adult-oriented services
- ▶ Voc education
- ▶ Independent Living
- ▶ Integrated employment
- ▶ Community Participation
- ▶ Continuing and adult education

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Key Points for Youth

- ▶ Communicating with providers
- ▶ Medical decision-making
- ▶ Responsibility for self-care
- ▶ Advocating for themselves

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Key Points for YSHCN

- ▶ Prepare to fullest abilities
- ▶ Direct and manage care
- ▶ Adult medicine and social services

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Key Points for Medical Providers

- ▶ Developmentally appropriate
- ▶ Continuous
- ▶ Coordinated
- ▶ Comprehensive

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Key Points for Caregivers

- ▶ Prepare students to complete tasks
- ▶ Comfortable with child as decision-maker
- ▶ Failure to plan = plan to fail

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Key Points for Educators

- ▶ Already part of IHPs/504s/IEPs
- ▶ Building skills for adulthood
- ▶ Coordinating with health care providers
- ▶ Impact of health care transition on all aspects of transition

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Health Care Transition: Significance

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Normative Development



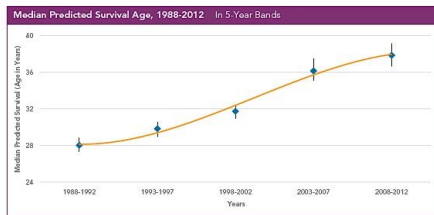
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An Emerging Issue

Children and Youth with Special Health Care Needs, by age			
	0-5 years old - percentage of CYSHCN	6-11 years old - percentage of CYSHCN	12-17 years old - percentage of CYSHCN
Nationwide	11.4%	22.7%	25.1%
Florida	12.3%	23.1%	23.1%

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Cystic Fibrosis



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Down Syndrome

1983 Life Expectancy	2014 Life Expectancy
25 years	60 years

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Common Conditions

- ▶ Autism
- ▶ ADHD
- ▶ Asthma

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Risks of Not Addressing

- ▶ Condition impact in work place
 - ▶ Nursing home placement
 - ▶ Medical errors
 - ▶ Losing insurance/social services
- ▶ Activities of daily living
- ▶ Hospitalization

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Rewards of Mastery

- ▶ Stable transition
- ▶ Confidence in new settings
- ▶ Reduced anxiety
- ▶ Increased likelihood of independent living
- ▶ Decreased risk of hospitalization

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Significance for ages 18 - 26

▶ Period of multiple transfers & transitions

- ▶ Start college in a new city
- ▶ Are technology dependent
- ▶ Will stay in high school until age 22
- ▶ Lose insurance eligibility

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HCT = Successful Transition to Adulthood

▶ Dependent on maintaining health

▶ Addressing health care transition assures

- ▶ Ready to work
- ▶ Fully participate in community

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Interactive Questions

What transition planning do you already complete with students?

How does health affect students' overall transition to adulthood?

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Health Care Transition: Evidence Base

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Current State of Health Care Transition



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Current State: Common Outcomes

- ▶ Everything Stays the Same
- ▶ Mixed Transition
- ▶ Full Transition
- ▶ Dropping Out

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Everything Stays the Same?

21-year-old

- ▶ Physiologically similar to an adolescent
- ▶ Brain still developing
- ▶ May rely on parent for insurance/financial management

38-year-old

- ▶ Physiological needs/risks different
- ▶ Biological development completed
- ▶ Support own children or elderly parents

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Mixed Transition

- ▶ Primary care transfers
- ▶ Specialty care remains with pediatrician
- ▶ Hospital care varies

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Full Transition

- ▶ Primary care transfers
- ▶ Specialty care transfers
- ▶ Hospital care becomes adult-oriented

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Dropping Out

From Childhood Care

- ▶ Transition, without transfer
- ▶ Transfer to referral list
- ▶ Discharge without transition or transfer

From Adult Medicine

- ▶ Transfer without transition preparation
 - ▶ Miss appointments, no follow-up
 - ▶ Dissatisfied with new provider
-

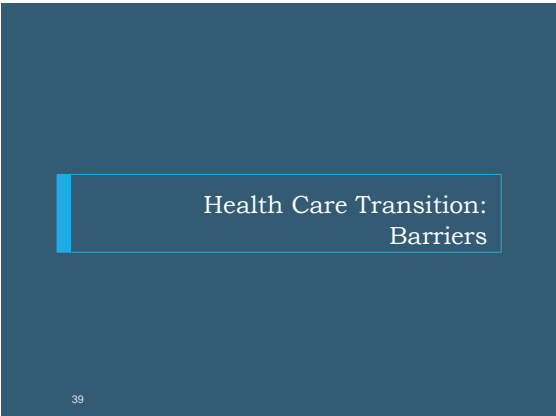
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Interactive Question

Have any of your students experienced gaps in care or barriers after turning 18?

What issues related to health care do your students have difficulty with?

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Health Care Transition:
Barriers

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Barriers Childhood Providers Face

- ▶ How to broach topic
- ▶ Caregivers' and patients' fears
- ▶ Shortage of adult-oriented providers
- ▶ Unaware of school-based transition prep

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Barriers Child-Focused Providers Create

- ▶ Abrupt transfer
- ▶ Promising not to discharge
- ▶ Directing communication to parent
- ▶ Excluding educators from care coordination

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Barriers in Adult-Oriented Care

- ▶ Mistaken beliefs about
 - ▶ Childhood conditions
 - ▶ Ability to provide care
- ▶ Excluding or ignoring parents
- ▶ Unaware of education & voc programs

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Barriers for Youth



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Barriers for Caregivers

▶ Fear

▶ Fear

▶ Fear

▶ Fear

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Barriers for Educators

▶ Lack pathways to include providers

▶ Lack experience partnering with health care

▶ Competing priorities during the day

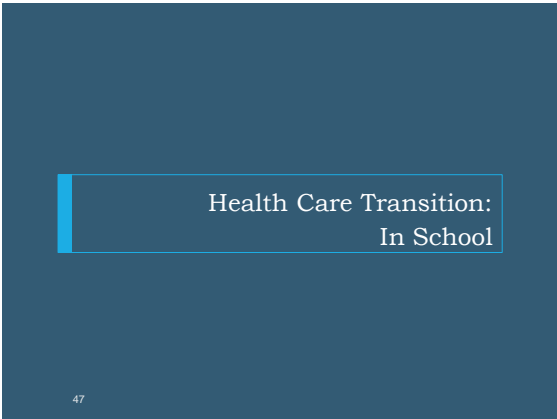
▶ Providers' lack of knowledge with IHP/504/IEP process

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Transition Importance: Student Perspective



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Health Care Transition:
In School

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A National Priority

- ▶ Healthy People 2020
- ▶ IDEA
- ▶ Americans with Disabilities Act
- ▶ Center for Health Care Transition Improvement

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A Priority in Education

- ▶ Professional organizations
- ▶ IDEA
- ▶ Rehab Act

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IEP, IHP, 504, VOC REHAB

- ▶ Students with chronic medical conditions
- ▶ Students with special learning needs
- ▶ Students recovering from injury/acute illness

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Transition & IDEA Requirements

- ▶ Transition must be included by age 14
- ▶ Health goals
- ▶ Coordinated set of activities

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Transition & FL Law

- ▶ Transition planning must
 - ▶ Begin by age 14
 - ▶ Continue through 22

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Is HCT Part of Special Education?

- ▶ Instruction that improves ability to
 - ▶ Take responsibility for special health needs
 - ▶ Work effectively with health care professionals
- ▶ Within the scope of transition services

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Why Schools Fit the HCT Process

- ▶ Existing structure for
 - ▶ Assessing, planning, and learning
- ▶ Existing supports within IHPs/504s/IEPs
- ▶ Consistent, daily interactions
- ▶ Familiarity with student's transition goals

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How Special Educators Teach Skills

- ▶ Gradual Release of Responsibility
 - ▶ Scaffolding
- ▶ Skill Development
 - ▶ Practice
- ▶ Individualized plans

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Discuss Health Care Transition
with Students & Families

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Start Early!

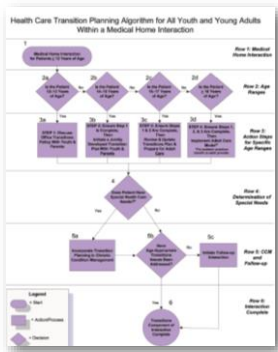


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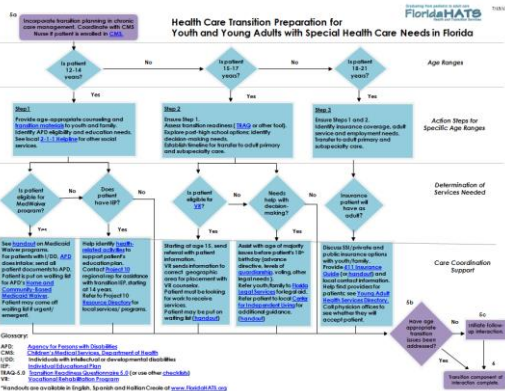
The Health Care Transition Process

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

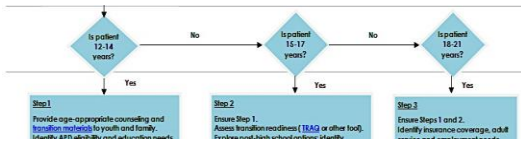
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Age Appropriate



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Florida Health and Transition Services

Welcome to the FloridaHATS Web site! FloridaHATS is a program of Florida Department of Health, Children's Medical Services Managed Care Plan (CMS Plan). Our mission is to ensure successful transition from pediatric to adult health care for all youth and young adults in Florida, including those with disabilities, chronic health conditions or other special health care needs. To learn more about our program, visit About Us.

Tool Box

Our health care transition tool box contains documents and links to a variety of local, state and national resources. Materials for youth, families and professionals are organized in these categories:

For Health Care Practitioners	Independent Living
For Youth & Families	Decision-Making & Guardianship
Education & Training for Professionals	Service Delivery & Models of Care
Health Insurance & Financing	Advocacy
Secondary & Post-Secondary Education	Juvenile Justice

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Regional Coalitions

▶ Tampa-Hillsborough County

▶ Northeast Florida

▶ Panhandle Area

▶ South Florida

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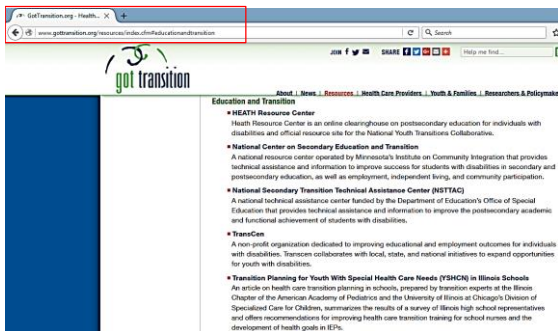
CMS Plan

▶ Facilitate communication between providers and educators

▶ Discuss condition & treatment impact on learning

▶ Solicit recommendations to maximize learning

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Summary Points

- ▶ Health care transition is a process
- ▶ Best started early
- ▶ Foundation for successful overall transition
- ▶ Within existing school-based transition prep

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Summary Tools

Health Care Transition in the School Setting: A Training Program for Educators
2016 Course Release

Course Toolkit

Module 1. Introduction to Health Care Transition

1. [Florida Algorithm](http://www.floridahats.org/wp-content/uploads/2010/06/FL-Transition-Algorithm_7-15-131.pdf)
http://www.floridahats.org/wp-content/uploads/2010/06/FL-Transition-Algorithm_7-15-131.pdf
2. [Joint Statement](http://www.floridahats.org/wp-content/uploads/2010/03/Peds_HCTClinicalReport_7-11.pdf)
http://www.floridahats.org/wp-content/uploads/2010/03/Peds_HCTClinicalReport_7-11.pdf
3. [Children's Medical Services Managed Care Plan](http://www.floridahats.org/programs-and-services/childrens-health/cms-plan)
<http://www.floridahats.org/programs-and-services/childrens-health/cms-plan>
4. [National Center for Health Care Transition Improvement](http://www.gettransition.org)
<http://www.gettransition.org>

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Citations

1. [McPherson M, Arango P, Fox H, et al. 1998. A new definition of children with special health care needs. Pediatrics. 102, 1: 137-139.](#)
2. [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: 10.1542/pep.2011-0989.](#)
3. [McManus M, Ruffolo L, Cooley W, et al. Current Status of Transition Preparation Among Youth with Special Needs in the United States. 2013. Pediatrics. DOI: 10.1093/peds.2013-0550.](#)
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5. [National Survey of Children's Health. NS-COH 2011\(1\)2. Data query from the Child and Adolescent Health Measurement Initiative. Data Resource Center for Child and Adolescent Health. Retrieved 03/16/2016 from www.nhsahealthdata.org.](#)
6. [Cystic Fibrosis Foundation Patient Registry. 2012 Annual Data Report. Bethesda, Maryland. cff.org/aboutCF, accessed 3/16/2014.](#)
7. [Aging and Down Syndrome – A Health & Well-Being Guidebook. Moran, J. National Down Syndrome Society. www.ndss.org/Down-Syndrome/Down-Syndrome-Facts/ Accessed 03/16/2014.](#)
8. [Wideman-Johnston \(2011\). Resilience and students with chronic illness: a literature review of fostering resilience in the lives of students with chronic illness. Journal of Educational and Developmental Psychology.](#)
9. [Noble, Donna. \(2006\). IEPs, 504 Plans, and IEPs: What's the Difference? Accessed 6/20/2016. http://www.umsd.org/justicel%78858cd4-4cc3-472a-8794-39f92a10336117D18HP20504.PDF](#)
8. [Home page for gettransition.org. Accessed 6/29/2016.](#)

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