Module 6: Assessing Health Care Transition Readiness

Learning Objectives
- Discuss the importance of health care transition readiness assessment
- Administer assessment tools
- Integrate health care transition assessment worksheets into IHP/S04/IEP evaluations

Health Care Transition Readiness
- Student’s confidence in and ability to
  - Manage their condition
  - Direct their care
  - Transfer to adult medicine

YSHCN & HCT Readiness
- Assess knowledge and abilities:
  - Their chronic condition
  - Good health habits
  - Responding to health emergencies

Case Study: Elements of Readiness Assessment
Assessing Health Care Transition Readiness: Student Tools

Assessment Tools
- TRAQ = Transition Readiness Assessment Questionnaire
- Health Care Transition Planning Guides
  - Assessment worksheets
- IHP/SO4/IEP evaluations

TRAQ Responses

TRAQ Questions

TRAQ Skill Categories
- Managing Medications
- Appointment Keeping
- Tracking Health Issues
- Talking with Providers
- Managing Daily Activities

Assessing with TRAQ
- Complete assessment
- Make a plan
  - With goals
- Reassess annually
  - Update the plan
TRAQ Directions for Students

Planning Guide 1: Envisioning a Future

Health Care Transition Planning Guides

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

Planning Guide Sections

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

Student Worksheets

- Thinking About Your Future
- Health Care Independence
- Parental Health Care Transition Activities
- Transition Plan
Planning Guide 3: Age of Transition

Complement Parent/Student IEP Forms

Complement 504 Forms

Assessing Health Care Transition Readiness: Parent & Caregiver Tools

TRAQ Directions for Caregivers

Types of Caregiver Worksheets

- Thinking About Your Child’s Future
- Health Care Independence
- Parental Health Care Transition Activities
- Transition Plan
Envisioning a Future: Caregiver Worksheets

Caregiver Worksheets – Age of Transition

Parental Health Care Transition Activities

Caregivers of YSHCN: Age of Responsibility

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

Health Care Transition Process: Assessment

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
Introducing Assessment

- After initial health care transition conversation
- Part of adolescent development
- Begin with Stage 1 – Envisioning a Future
- As prep for IHP/504/IEP development

Gradual Release of Responsibility

Completing the TRAQ

Existing School-based Skill Assessments

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

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

YSHCN and the Planning Guides

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

Integrate with IHP/504/IEP Evaluations

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

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

Example Student: 504 & HCT Assessment

- Meet Jane
  - 16-years-old
  - Starting her junior year
  - Type 1 diabetes
- Post-secondary goals
  - Attend college
  - Move to California

How to Assess Joe’s HCT Readiness

Example Student: IEP with HCT Assessment

Example Student: 504 & HCT Assessment
How to Assess Jane’s HCT Readiness

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

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?

Assessing Health Care Transition Readiness: Resources

National Center for Transition Improvement

Waisman
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

Summary of Tools

Citations


7. National Center for Secondary Education and Transition and PACER Center newsletter. 2006. What does health have to do with transition?