Preparation Teens for Transition to Adult Health Care

10 STEPS TO SUCCESSFUL HEALTH CARE TRANSITION

November 12, 2019
Agenda

- What is health care transition (HCT)?
- Why is health care transition important?
- What steps can you take to ensure successful transition?
What is Health Care Transition?

Health Care Transition (HCT)

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

Preparation

Increased responsibility for health care self-management; understanding and planning for changes in health needs, insurance, and providers in adulthood; should occur across ages 12-21+

Transfer of Care

A discrete event.
Discharge from pediatrics and enrollment with an adult-oriented provider;
Should occur between ages 18-21+

Successful Transition

Patients are engaged in and receive ongoing patient-centered adult care.
Why is Health Care Transition Important?

• Without adequate support in moving from pediatric health care to adult care, youth and young adults may:
  • Experience loss/gaps in your health insurance
  • Have poor connections to the adult health care system
  • Lose support with medications and self-care regimens
  • Have increased ER visits & hospitalizations
  • Experience short term decline in health and poor long term outcomes

Institute of Medicine, 2007; Boyle et al. 2001; Callahan et al. 2001; Betz 2003; Freyer et al. 2008; Tuchman et al. 2008), Watson 2000; Annunziato et al. 2007; Gurvitz et al. 2007; Dugueperoux et al. 2008; White 2002; Williams 2009.
Goals for a Successful Transition
Goals for Transition

- Be in charge of your own health
  - Medical decision-making
  - Disease self-management
  - Prevention, substance use, safety, sexuality
- Appropriately access adult primary care, specialists, therapies, equipment, supplies, etc.
- Have adequate and continuous health insurance
- Implement education and vocational goals

10 Steps to Successful Health Care Transition

1. Start early
2. Focus on responsibility for health care
3. Create a health summary
4. Create a health care transition plan
5. Maintain wellness
6. Integrate health care transition activities into the school setting
7. Know options for health insurance and public assistance programs
8. Find adult oriented providers
9. Learn about community services and supports
10. Include health in other areas of transition (school, work, independent living)
Step 1: Start Early

- Begin preparing for transition when 12 years old (or younger).
  - Assess your current knowledge of your health condition, your ability to use health care services and resources to manage your condition, and your ability to manage daily activities.

Moving from Dependent to Independent to Interdependent

Don’t know – know how?
Know you should learn more/learn how?
Are learning more/learning how?
Knowledgeable/skilled at doing?
Know when to ask questions – ask for help?
Taking responsibility for health care should be based on age and abilities. Step-by-step you can become more independent by learning important skills like talking to your doctor, asking questions, scheduling appointments, arranging transportation, filling prescriptions, and taking your medication on your own.
Self-Management Guides

For Youth & Families: FloridaHATS Information Guides
Self-Management Videos

Short videos with step-by-step instructions

For Youth & Families: FloridaHATS Information Guides
Self Management Smartphone Apps

Medisafe

MedCoach

Healthy Transition
Step 3: Create a Health Summary

Put important information about personal health in one place, including medications and plans for emergencies.
### Health Care Transition Summary

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<td>Address</td>
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<tr>
<td>Phone</td>
<td>Home</td>
<td>Cell</td>
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#### Emergency Contact
- Relationship:  
- Phone:  
- Guardian/Health Surrogate:  
- Relationship:  
- Phone:  

#### Allergies
- Reactions:  
- To be avoided:  
- Medical Procedures:  
- Medications:  
- Diagnoses and Current Problems:  

#### Primary Diagnosis

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<tr>
<th>Secondary Diagnosis</th>
<th>Details and Recommendations</th>
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#### Current Medications

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#### Diagnoses

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#### Differential Diagnoses

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#### Physician
- Name:  
- Phone:  
- Address:  

#### Secondary Care Provider
- Name:  
- Phone:  
- Address:  

#### Notes

- My full name is:  
- I like to be called:  
- Date of birth:  
- My primary care physician:  
- Physician’s phone number:  

#### Attach your picture here!

This passport has important information so you can better support me when I visit stay in your hospital or clinic.

Please keep this with my other notes, and where it may be easily referenced.

- My signature:  
- Date completed:  

You can talk to this person about my health:

- Phone number:  
- Relationship:  

I communicate using:  
- (e.g., speech, preferred language, sign language, communication devices or aids, non-verbal sounds, also state if extra time/ support is needed)

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Step 4: Create a Health Care Transition Plan

Work with your current health care team (e.g., primary care provider, specialists, nurse care coordinator, social worker) to develop a written transition plan that includes your future roles and responsibilities, services that will be needed, who will provide the services and how will the services be paid for.
Plan of Care

**Sample Plan of Care**

**Six Core Elements of Health Care Transition 2.0**

**Instructions:** This sample plan of care is a written document developed jointly with the transitioning youth to establish priorities and a course of action that integrates health and personal goals. Motivational interviewing and strength-based counseling are key approaches in developing a collaborative process and shared decision-making. Information from the transition readiness assessment can be used to guide the development of health goals. The plan of care should be dynamic and updated regularly and sent to the new adult provider as part of the transfer package along with the latest transition readiness assessment, medical summary and emergency care plan, and, if needed, a condition fact sheet and legal documents.

**Name:**

**Date of Birth:**

**Primary Diagnosis:**

**Secondary Diagnosis:**

**What matters most to you as you become an adult? How can learning more about your health condition and how to use health care support your goals?**

<table>
<thead>
<tr>
<th>Prioritized Goals</th>
<th>Issues or Concerns</th>
<th>Actions</th>
<th>Person Responsible</th>
<th>Target Date</th>
<th>Date Complete</th>
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<tbody>
<tr>
<td>Initial Date of Plan:</td>
<td>Last Updated:</td>
<td>Parent/ Caregiver Signature:</td>
<td>Clinician Signature:</td>
<td>Care Staff Contact:</td>
<td>Care Staff Phone:</td>
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Step 5: Maintain Wellness

Establish healthy habits that will continue into your adulthood. Learn about and talk with adults you trust and your health care providers about risky behaviors, such as alcohol use, smoking, and sex and about building healthy relationships.

*Remember:* Youth should spend time alone with their doctor at every office visit.
Resources

Coach.me Mobile App

Checkmark Goals Mobile App
Step 6: Integrate HCT Activities at School

- Include HCT readiness, goals, and activities in your other future planning activities:
  - **IEP** (Individualized Education Program; specialized instruction & services)
  - **504 Plan** (accommodations)

- HCT Resources for Educators
  - **FloridaHATS**
  - **CPALMS: My Health Care**
  - **Got Transition**
Transition IEP factors

- Understanding own needs and required accommodations
- Self-determination, self-advocacy
- Medication, medical supplies, and equipment
- Health care management skills, self-care, and knowledge of health insurance
- Volunteer experiences and recreational activities to develop work and social skills
- Many more factors to consider
### Health Insurance
- Types of insurance plans
- Eligibility requirements
- Financial requirements

### Public Assistance
- Financial
- Work
- Housing
- Medical (equipment, respite care, home health)
Health Insurance

- Plan for change in insurance coverage
  - Medicaid
  - Parents’ plan
  - Employer-based
  - Marketplace plans
Health Insurance After Age 18

- Aging out of childhood health insurance plans can create gaps/loss in coverage
- Benefits in temporary jobs often limited, unavailable, or have high premiums
- Increased salary may lower/eliminate public benefits
- Limited benefits provided in adult Medicaid package
Employment

Apply to Division of Vocational Rehabilitation 2 years before leaving high school
Step 8: Find Adult Providers

If still in the care of pediatric providers, identify a primary care physician and specialist who provide care for adults.
Health Services Directory for Young Adults

Use the form below to search for health care programs and providers in your area that serve young adults, including those with disabilities or chronic health conditions.

Please help us keep the directory up-to-date! We encourage both consumers and providers to let us know about resources you think should be included. For instructions on how to add a service or recommend a program, please visit our directory submission page. To update an existing entry, first search for listing using the form below. Open the current listing, in upper right-hand corner, click on the “Update this listing” text link. Make corrections on form page then click submit. All information that is submitted will be verified prior to uploading to the directory.
Step 9: Learn about Community Services & Support for Adults with Special Needs and Abilities

- Be knowledgeable about your rights and responsibilities at age 18.
- Discuss guardianship and decision-making options, as needed.
- Join community support groups.
Decision-Making

- Consider options, such as power of attorney (POA), supported decision-making guardianship, guardian advocacy.
- Explore long-term financial planning strategies, such as a special needs trust.
Step 10: Include Health in Other Areas of Transition

Ask your primary care physician to provide documentation of your medical conditions and health care needs for other programs and agencies.
Florida’s clearinghouse for HCT information

www.FloridaHATS.org
National Center for Health Care Transition Improvement

http://www.gottransition.org/
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