

Health care transition planning covers topics such as:

- Knowing and managing your health conditions or diagnoses.
- Scheduling doctor visits, participating in visits, and understanding how to consent to medical care.
- Arranging transportation to medical appointments.
- Managing health needs and routines away from home, including in an emergency.
- Navigating the health care system and keeping track of health records.
- Understanding health insurance and possible benefit changes in adulthood.
- Making healthy choices and avoiding risks.



Resources with more information about health care transition:

Got Transition

Youth and families
gottransition.org

Navigate Life Texas

Transition to adulthood
Medicaid waiver programs
navigatelifetexas.org

Community Organizations

Texas Department of State Health Services
Case Management and Family Supports/
Community Resources
[dshs.texas.gov/mch/CSHCN/
CSHCN-Contractors](http://dshs.texas.gov/mch/CSHCN/CSHCN-Contractors)

Texas Parent To Parent

Parent to parent support
Pathways to Adulthood Program
Care Notebook ideas
Portable Medical Summary
txp2p.org

TITLE V MATERNAL and CHILD HEALTH

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dshs.texas.gov/mch/CSHCN.aspx

TITLE V MATERNAL and CHILD HEALTH

Children with Special Health Care Needs

WHAT IS HEALTH CARE TRANSITION? A GUIDE FOR YOUTH AND FAMILIES



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Health care transition is a process that helps youth with disabilities or special health care needs and their families get ready for the adult health care system. By working together, health care providers and families can help make sure the youth is as healthy and independent as possible.

Planning for health care transition should always include the youth's wants and needs and the family's values. While the planning process is different for every person, doctors recommend starting to plan by age 12.¹

¹"Supporting the Health Care Transition From Adolescence to Adulthood in the Medical Home." *Pediatrics* 128.1 (2011): 182-200.

Got Transition² describes health care transition as the process of getting ready for health care as an adult, with the following steps:

Discovering (starting at age 12)

- Talk to your pediatrician about how you can work together on transition.
- Find out when to start having some private time with your doctors.

Tracking (ongoing)

- Know your own health information.
- Keep your health records in a Care Notebook or similar tool.
- Create an emergency care plan and Portable Medical Summary.

Preparing (ongoing)

- Use Got Transition's checklist to learn skills to take more control of your health care.
- Start early and take small steps toward independence.
- Partner with your school support team to add health care goals into your IEP.

Planning (ongoing)

- Learn about HIPAA privacy laws and legal changes that occur when you turn 18.
- Work with your current health care team to find adult providers in your area.
- Learn about supports where you live to help you stay healthy.

Transferring (age 18 - 21)

- Ask your current health care team to share information about your needs with your adult team.
- Bring questions to ask your new providers.
- Keep building skills to help you manage your health care.

Completing

- Give feedback to providers to help make health care transition easier for others.
- Make your voice heard!

²Got Transition (gottransition.org) has many resources to help you throughout the transition process.

