Health Care Transition
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Objectives

• Answer What is transition
• Discuss who should transition
• Recommendations on when to transition
• Review why transition is important
• Discuss how to transition
What?

• Purposeful planned movement of adolescents and young adults from child centered to adult centered health care
• More than a transfer of care
  – May stay with the same provider
• Pediatric versus Adult Model of Care
  – Self-management, self-advocacy
Who?

- All youth/families
- More difficulty for those with complex health issues
When?

- Never too early to think about
- Ideally planning started by 12-14 years of age
- Transition 18-21 years of age
- Medically stable
Why?

- Uninterrupted care
- Medically appropriate care
- Developmentally appropriate care
- Maximize functioning
How?

• Develop goals
  – Medical Conditions
  – Medications/Supplies
  – Self-Care
  – Communication

• Referral for adult provider
What Else?

• Emergency Care Plan
• Portable Health Summary
• Health Insurance
• Guardianship/Assisted Decision Making
Resources

• Got Transition [www.gottransition.org](http://www.gottransition.org)

• Condition Specific Resources such as [www.spinabifidaassociation.org](http://www.spinabifidaassociation.org)

• [www.floridahats.org/](http://www.floridahats.org/)