

# SHARED CARE PLANNING

## for youth and young adults

Youth and young adults (age 12-21) with special health needs can benefit from a team-based approach to managing the transition from pediatric to adult health care. Shared care planning is used to coordinate care and services. The process brings young people together with a variety of professionals and family members to help them manage their health and health care in support of their personal goals. It is called “shared” care planning because everyone at the meeting shares the work of making and implementing the plan. The young person gets ongoing support to put the plan into action, and to revise it as things change. Shared care planning can include professionals from health care, education, vocational services, insurance, developmental disabilities and other community services.

### How Shared Care Planning Helps

Young people engage in preparing and planning for the transition to adult health care.

Families talk about what's been going well, and what services or supports are still needed.

People with a variety of skills and perspectives share information, ideas, and resources.

A developmentally-appropriate plan is established (or updated) to support a successful transition to adult care and services.

Strategies are identified to help young people manage health conditions, medications, appointments, and insurance.

Families and youth learn about legal changes that take place as young adults mature.

Young adults learn about finding adult health care providers who can meet their special needs.

The plan aligns with the young person's goals, and care and services are coordinated.



The Oregon Center for Children and Youth with Special Health Needs (OCCYSHN) is Oregon's Maternal and Child Health Bureau Title V public health agency for children and youth with special health care needs. OCCYSHN is located at OHSU's Institute on Development and Disability.

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