



# Trends and analysis of our first year: The Lifespan Transition Clinic (LTC) at the Institute on Development and Disability

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## Introduction: The LTC

- Occupational therapy + social work
- Evaluation of occupational performance barriers to transition
- Mental health assessment
- In-person and virtual visits with youth and caregivers

## Self-determination model



## Methods:

- Retrospective chart review (N = 40)
- Data entered into REDcap database
- Identify who we are serving
- Identify trends:

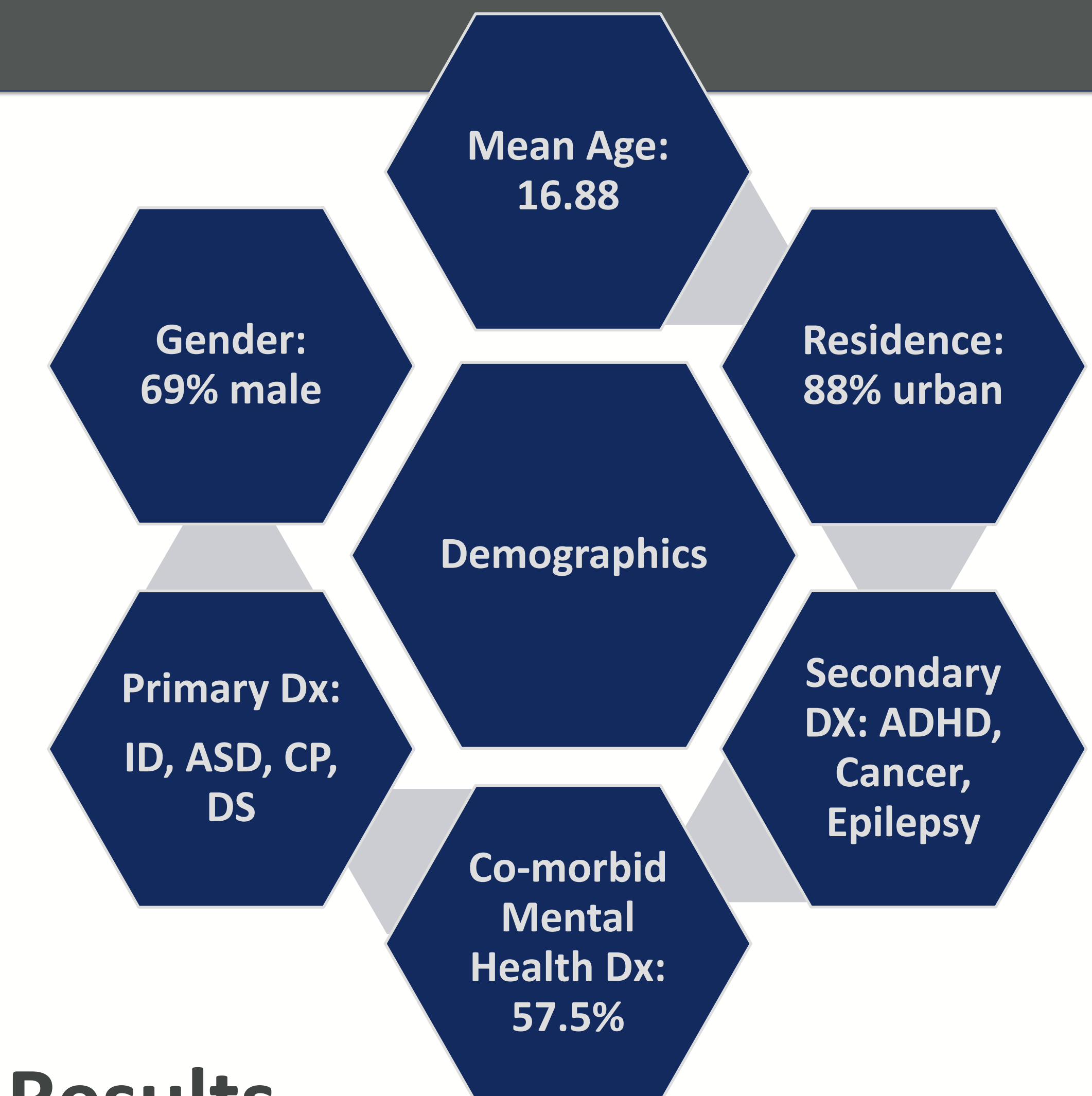
*Knowledge of adult MD*  
*Mental health services*  
*Sexual health*  
*Youth & family goals*

*Parent of youth in transition*

## Chart review of 40 youth and young adults who attended the LTC shows many important themes including:

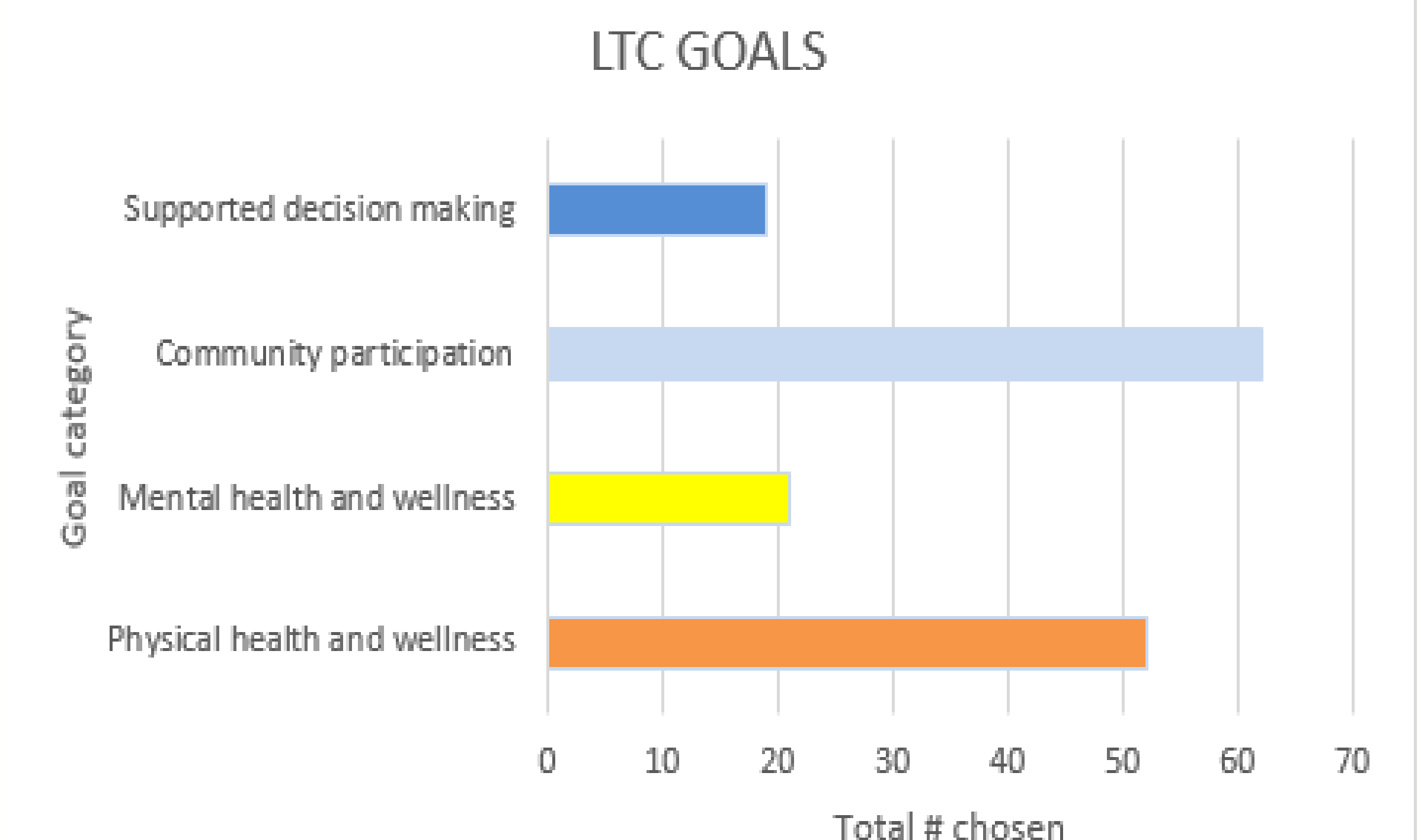
1. Finding a new PCP was the most chosen goal (40%), but only 22% have talked to their PCP about transition.
2. Over half of the youth had mental health concerns, but only 20% had current mental health services.

*"This clinic was helpful to our son because it provided him an outside perspective on the topic of transition. We had a hard time prior to the clinic of engaging our son to be motivated to engage in transition-related tasks, but this clinic gave him some perspective to begin."*



## Results

- Talked with PCP about transition: 22.5%
- Knows age of transfer from current PCP: 17.5%
- Current mental health services: 20%
- Previous sexual health discussion: 52%



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