

“As I got older, when I heard my parents worried about my health, it was a wake up call...this is actually my thing”

WHAT IS HEALTHCARE TRANSITION?

Health plays an important role in your child’s development. It has a direct affect on his/her goals for learning, working and living safely in the community. Healthcare Transition is about your child taking responsibility for their own health needs and not depending on others to do it for them. This is a complex process that involves you and others and may at times seem overwhelming. With information and preparation, you can help your child do it.



TELL ME MORE ABOUT IT

Healthcare Transition is a natural part of growing up. It is part of adolescence: becoming independent and finding a place within the adult community. Healthcare Transition includes:

- understanding his/her health condition
- talking about dreams & plans for the future and setting goals for achieving them
- becoming responsible for daily tasks such as homework, chores, and medications
- taking part in doctor appointments, IEP, 504, or any meetings involving them
- learning how to communicate effectively and engage in healthy relationships

ADOLESCENCE CAN BE A CHALLENGING TIME.

Prepare yourself and your child for the developmental changes during adolescence. Some of these changes include:

- the development of sexual characteristics
- the move from middle school to high school
- the need to belong to a peer group
- the evolution of relationships: dating, sexual intimacy, & preference are explored
- the emergence of personal values, morals, and life goals
- the desire for autonomy, privacy, and confidentiality

HOW CAN I HELP?

These transitions may be difficult for you as a parent/caregiver. You may feel talking with your adolescent is a challenge. You may be unsure about how to prepare for the transition and where to begin. These issues can be even more difficult if your child has special healthcare needs or a disability.

**HELP YOUR YOUNG ADOLESCENT
RECOGNIZE S/HE IS UNIQUE WITH
STRENGTHS AND CHALLENGES.**

By taking this transition step-by-step you can help your child become an adult.

The Rhode Island Department of Health has developed materials and resources to help you and your adolescent complete a healthcare transition plan.

Every child will transition at his/her own pace.



THERE ARE SPECIFIC EVENTS OF THE TRANSITION PROCESS YOU SHOULD BE AWARE OF:

- Health insurance eligibility may change.
- Your young adolescent will need to transfer to the adult healthcare system by age 21.
- He/she will also need to understand and manage any health conditions to be successful in higher education and the work force.
- Your school system is required by law to begin transition planning at age 14 with students who receive special education services
- At age 18 your child can legally make decisions about their healthcare

YOUR ABILITY TO RECOGNIZE, UNDERSTAND, ACCEPT THE CHANGES YOUR ADOLESCENT IS EXPERIENCING AND HAVING A HEALTHCARE TRANSITION PLAN WILL HELP YOU TO PROVIDE GUIDANCE AND SUPPORT THROUGHOUT YOUR CHILD'S ADOLESCENCE.

YOU CAN FIND MORE INFORMATION ONLINE...

**Rhode Island Department of Health,
Office of Special Healthcare Needs**

www.health.ri.gov/family/specialneeds/

Healthy and Ready to Work

www.HRTW.org

**The Rhode Island Parent
Information Network (RIPIN)**

www.RIPIN.org

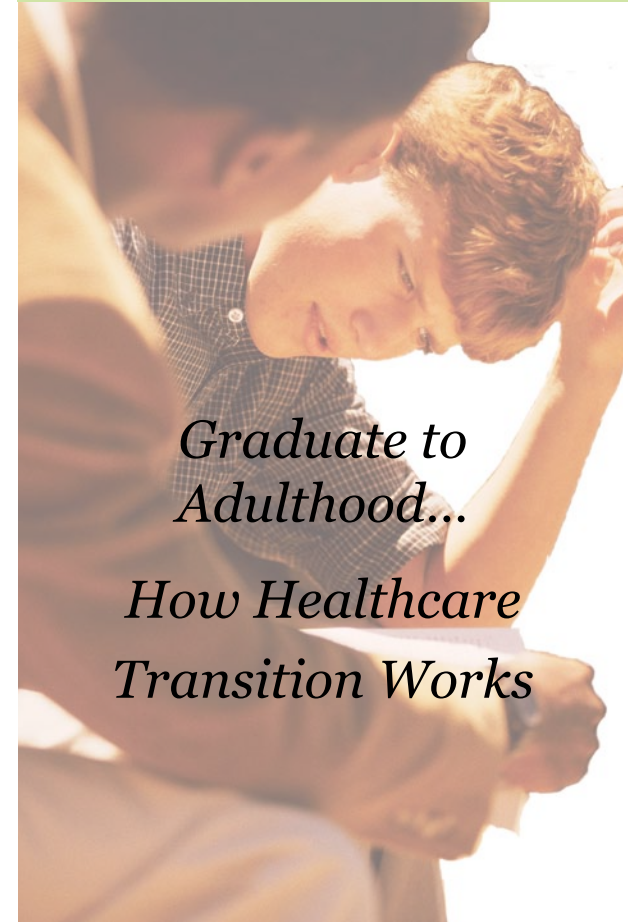
Rhodes to Independence

www.rhodestoindpendence.org

**TO GET INFORMATION OR MATERIALS
ON HEALTHCARE TRANSITION, CALL
THE **HEALTH** INFORMATION LINE AT
1.800.942.7434**



**READY,
GET SET, GO!**



*Graduate to
Adulthood...*

*How Healthcare
Transition Works*

**A GUIDE
FOR PARENTS &
CAREGIVERS**