

The Goals of Supporting a Youth's Transition to Adult Health Care Services are to Optimize Health and help each Young Person Attain his or her Maximum Potential (Society of Adolescent Medicine 2003)

Transition plans are not just about transferring to adult health providers. While moving on to adult health services is part of it - transition is a whole lot more. Transition plans can focus on things like self advocacy, social skills, self-care, or health prevention/wellness. Transition plans are tailor made and fitted to YOU.

Adolescence is a time of many changes and youth often face some type of physical, emotional or personal challenge along the way. In spite of the challenges, adolescence can also be a time of fun exploration. Adolescence is a time to discover things about yourself and the world in which you live. It is the perfect time to explore new hobbies and activities. There are many youth groups and community organizations out there. One might be right for you!

Making plans and setting goals are often the first step to achieving them. Getting linked to community resources early can help make your dreams a reality. At 12 or 14 it might seem silly to think about getting your own living space. But if living independently is your goal, then you have to plan how to make that happen. Use the resources available to you. Ask your health care provider and school professionals about community resource access. Knowledge is power!

Adolescence is the time for youth and their families to consider future goals! It is a time to set dreams in motion. With a little planning, traveling the road to adulthood can be a fun and exciting time! Look at a transition plan as the roadmap to a happy and healthy adulthood!



Think Points:

INTEREST INVENTORY

- ⇒ What type of interest do you have... Books, computers, movies, cooking, video games, pets, swimming, fashion, animals, fishing...
- ⇒ Is there a new hobby or group you'd like to try out?
- ⇒ Do you like the outdoors?
- ⇒ What do you like to do for fun?
- ⇒ How do you feel about school?
- ⇒ What are your dreams for the future?

Resources:

Transition Health Care Information Sheet. Children's Special Health Services Louisiana. 2012 www.dhh.la.gov/cshs

Being a Healthy Adult: How to Advocate for Your Health and Health Care. Roberson K. 2010. The Elizabeth M. Boggs Center on Developmental Disabilities. <http://rwjms.umdj.edu/boggscenter>

www.gottransition.org/youth-resources

Transition to Adult Health Care for Adolescents and Young Adults with Chronic Conditions. Society for Adolescent Medicine. Journal of Adolescent Health 2003. 33:309-311