

Healthcare Transitioning Guide



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What is HealthCare Transitioning (HCT)?

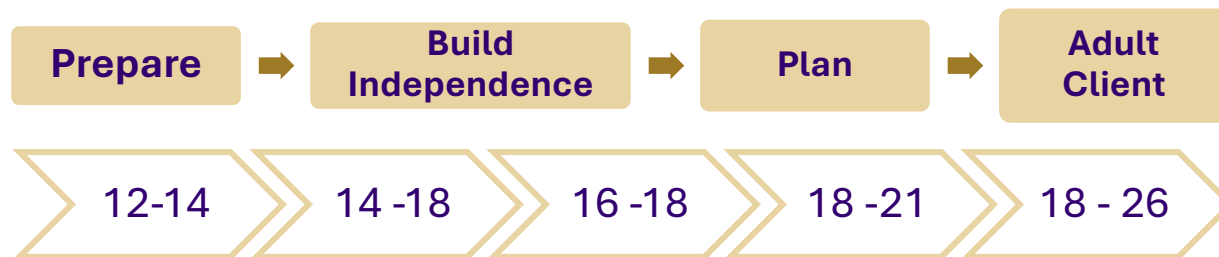
- HCT is the process of transferring from pediatric healthcare setting into adult ones.¹
- HCT aims to develop self-management skills among youth to effectively use health services.²



What can youth do to prepare for HCT? ^{2,3}

- ❖ **Start planning early:**
 - Start preparing by 13 years of age.
 - Get involved in your care decisions.
- ❖ **Encourage independence:**
 - Youth should start asking questions during appointments.

HCT Stages ^{2,3}



Age (years)



What can youth do?^{2, 3}

❖ Practice HCT skills:

- Learn how to schedule appointments.
- Fill out medical forms.
- Learn how to use online patient portals.

❖ Know your medical history, medications, allergies.

❖ Explore health insurance options.

❖ Search for potential adult providers and ask others for recommendations.

Helpful resources:

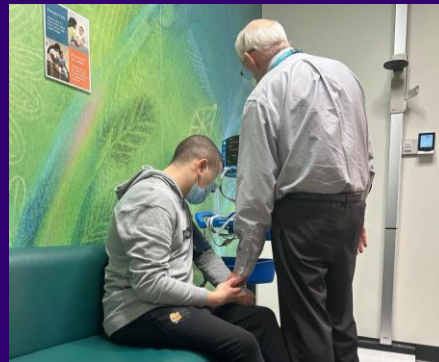
1. Got Transition[®]: A national HCT resource center that offers HCT tools and resources (in English).



2. Center for Transition to Adult Health Care for Youth with Disabilities: a virtual HCT center that helps adults with disabilities through training (in English).



3. Seattle Children's Hospital HCT guide and resources (in English).



Acknowledgments:

Thanks to the Middle Eastern families and youth with disabilities who shared their insights and photos.

Photos Credits:

All photographs in this brochure are used with explicit permissions from Middle Eastern youth and families.

References:

1. Betz CL. Health care transition planning for adolescents and emerging adults with intellectual disabilities and developmental disabilities: Distinctions and challenges. *Journal for Specialists in Pediatric Nursing*. 2023;28(3):e12415.
2. Got Transition. Six Core Elements of Health Care Transition™. Accessed November 5, 2024. <https://www.gottransition.org/six-core-elements/>
3. Berens J, Wozow C, Peacock C. Transition to adult care. *Physical Medicine and Rehabilitation Clinics*. 2020;31(1):159-170.