

# Balloon Notes

## Transition Tips for Teens and Young Adults



Your Children's Health medical team wants you to be ready for your transition to adult healthcare. Below is a list of tips and strategies you can work on to prepare for your transition.

### To understand your health condition and medications:

- Talk with your healthcare team and a parent about your health. Learn about your medical condition and medical history. Practice explaining your medical condition to others. Keep important medical information with you, such as: the name of your medical condition, medical history, medications, allergies, and contact information for all your healthcare providers.
- Learn the signs and symptoms of your medical condition you have when you are not feeling well. Talk with your healthcare team and a parent about what to do for new or worsening symptoms.
- Learn the names of all your medications, the doses, when these are taken, and why each medication needs to be taken.
- Read the instructions of both over-the-counter and prescription medication labels so you know how to correctly take your medication.
- Learn about possible side effects of any treatments you receive or medications you take.

### To manage your health condition independently:

- Practice talking directly to your healthcare team at your appointment. Ask any questions you may have about your health, medications, or your treatment plan. Answer questions your healthcare team asks about your medical condition and medical history.
- Learn the names of your Primary Care Provider (PCP) and specialists. Keep a list of their phone numbers and contact information with you (in your wallet or phone).
- Learn how and when to call your healthcare providers. (ex. Schedule an appointment, new or worsening symptoms, etc.).
- Learn how to call the pharmacy for your prescriptions. Call the pharmacy to refill prescriptions several days before you run out. DO NOT wait until you are out of your medications before you call the pharmacy.
- Understand when and how to access emergency care.
- Have a plan and backup plan for transportation to and from appointments.
- Understand your patient rights.

### To engage in wellness behaviors:

- Take all medications as prescribed. If you trouble remembering to take medications, talk to your healthcare team or pharmacist to develop a plan that works for you.
- Make good choices for your health (participate in exercise/physical activity and eat a diet that meets their nutritional needs).
- Avoid behaviors that are harmful to your health (tobacco, alcohol and drugs can worsen your medical condition).
- Learn about any allergies you have, how to avoid them and what to do if you are exposed to them.
- Talk to your healthcare team and ask questions. Your parents or caregivers can be in the exam room with you if you give permission for them to be there, but you should be the one leading the conversation with your healthcare team.

**To learn about health insurance and community resources:**

- Understand what type of insurance you have and keep a copy of your insurance card with you at all times.
- Learn about Social Security benefits and if you qualify for them.
- Find out if you need to get new insurance coverage or if you need to do something to keep your current insurance coverage.
- Talk to your family or school counselors to make plans for college, trade school or looking for a job.
- Learn about scholarship opportunities and financial aid if you plan to go to college.
- If you plan to work, talk to your healthcare team about how your health may impact your job.
- Identify special needs (accommodations) for school and/or work.