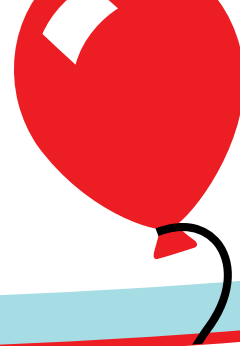


Balloon Notes

About Health Care Transition



Health care transition is the move from child, or pediatric health care to adult health care. Below is a list to help plan for your health care transition.

1. Build knowledge about health, medical conditions, and wellness. This can begin early and includes learning:
 - Medical condition, medications, and medical history.
 - Healthy wellness habits including diet, exercise, and sleep.
 - Skills to help manage your health such as how to call for a medical visit, how to fill a prescription, and what to do in an emergency.
2. Determine who will make medical decisions.
 - At the age of 18, a teen becomes a legal adult.
 - An adult is responsible for making medical decisions such as signing consents to give permission for medical treatment and deciding who knows about personal health information.
 - If a child will not be able to make medical decisions as an adult, another decision-making option or legal tool must be in place.
 - Examples of other options or legal tools for decision-making could include guardianship, supported decision making, or medical power of attorney.
3. Find and transfer care to an adult doctor.
 - Talk with your pediatric doctor about when a new adult doctor is needed.
 - Contact your health insurance company to help find new adult doctors.
 - Ask pediatric doctor to talk with new adult doctor as care is transferred.
4. Have health insurance and ways to pay for health care.
 - Contact your health insurance company to find out when your health insurance will change and options for future health insurance.
 - Select new health insurance that will cover the costs of medical needs.
5. Make goals for the future.
 - Think about options for school or work.
 - Include goals for adulthood, independence, and future living situations or arrangements.

Helpful Websites for Health Care Transition

Medical Conditions and Wellness:

- *Centers for Disease Control and Prevention: www.cdc.gov/DiseasesConditions
- *KidsHealth: www.kidshealth.org
- *MedlinePlus: www.medlineplus.gov/childrenandteenagers.html
- WebLitLegit: www.safercaretexas.org/weblitlegit

Medical Decision Making:

- *Advance Directives: www.hhs.texas.gov/laws-regulations/forms/advance-directives
- *The Arc of Texas: www.thearcoftexas.org/alternatives-to-guardianship/
- *Disability Rights Texas: www.disabilityrightstx.org
- *Texas Council for Developmental Disabilities: www.tcdd.texas.gov/resources/guardianship-alternatives/
- Texas Law Help: www.texaslawhelp.org

Health Insurance:

- *Health Insurance Marketplace: www.healthcare.gov
 - *Medicare: www.medicare.gov/
 - *Supplemental Security Income: www.ssa.gov/ssi
 - *Texas Department of Insurance: www.tdi.texas.gov/
 - *Texas Health and Human Services: hhs.texas.gov/services/health/medicaid-chip
 - *Texas Health Insurance Premium Payment (HIPP): www.gethipptexas.com
 - *Texas Health Options: www.texashealthoptions.com
- A Roadmap to Better Care and a Healthier You (Booklet):
<https://marketplace.cms.gov/outreach-and-education/downloads/c2c-roadmap.pdf>

Future Planning:

- Going to College: www.going-to-college.org
- *Federal Student Aid: www.studentaid.ed.gov
- Texas Education Agency (TEA): www.tea.texas.gov
- *Texas Project First: www.texasprojectfirst.org
- Texas Transition: <https://www.texastransition.org/>
- *Texas Workforce Commission: www.twc.texas.gov
- *Think College!: www.thinkcollege.net
- *U.S. Department of Education: www.ed.gov

Programs and Foundations:

- *Got Transition/Center for Health Care Transition: www.gottransition.org
- *Navigate Life Texas: www.navigatelifetexas.org
- *Partners Resource Network: www.prntexas.org/texas-ptis/path-project/
- *Texas Department of State Health Services – *Children with Special Health Care Needs*:
www.dshs.texas.gov/mch/cshcn.aspx
- *Texas Parent to Parent: www.txp2p.org

For more resources visit: www.childrens.com

*Website available in Spanish