



Transitioning Youth to an Adult Approach to Health Care Without Changing Providers

Six Core Elements of Health Care Transition 2.0

1. Transition Policy

- Develop a transition policy/statement with input from youth/young adults and families that describes the practice's approach to transitioning to an adult approach to care at 18, including privacy and consent information.
- Educate all staff about the practice's approach to transition, the policy/statement, the *Six Core Elements*, and distinct roles of the youth, family, and health care team in the transition process, taking into account cultural preferences.
- Post policy and share/discuss with youth and families, beginning at age 12 to 14, and regularly review as part of ongoing care.

2. Transition Tracking and Monitoring

- Establish criteria and process for identifying transitioning youth/young adults and enter their data into a registry.
- Utilize individual flow sheet or registry to track youth/young adults' transition progress with the *Six Core Elements*.
- Incorporate *Six Core Elements* into clinical care process, using EHR if possible.

3. Transition Readiness

- Conduct regular transition readiness assessments, beginning at age 14, to identify and discuss with youth and parent/caregiver their needs and goals in self-care.
- Jointly develop goals and prioritized actions with youth and parent/caregiver, and document regularly in a plan of care.

4. Transition Planning/Integration into Adult Approach to Care

- Develop and regularly update a plan of care, including readiness assessment findings, goals and prioritized actions, medical summary and emergency care plan, and, if needed, legal documents.
- Prepare youth and parent/caregiver for adult approach to care at age 18, including legal changes in decision-making and privacy and consent, self-advocacy, and access to information.
- Determine of need for decision-making supports for youth with intellectual challenges and make referrals to legal resources.
- Plan with youth and parent/caregiver for optimal timing of transfer from pediatric to adult specialty care
- Obtain consent from youth/guardian for release of medical information.
- Provide linkages to insurance resources, self-care management information, and culturally appropriate community supports.

5. Transfer to Adult Approach to Care

- Address any concerns that young adult has about transferring to adult approach to care. Clarify adult approach to care, including shared decision-making, privacy and consent, access to information, adherence to care, and preferred methods of communication, including attending to health literacy needs.
- Conduct self-care assessment (transition readiness assessment) if not recently completed and discuss needed self-care skills.
- Review young adult's health priorities as part of ongoing plan of care.
- Continue to update and share portable medical summary and emergency care plan.

6. Transfer Completion/Ongoing Care

- Assist young adult to connect with adult specialists and other support services, as needed.
- Continue with ongoing care management tailored to each young adult.
- Elicit feedback from young adult to assess experience with adult health care.
- Build ongoing and collaborative partnerships with specialty care providers.