



HEALTH CARE TRANSITION NEWS

September 2015

Got Transition/Center for Health Care Transition Improvement is a cooperative agreement between the Maternal and Child Health Bureau and The National Alliance to Advance Adolescent Health

In This Issue

[Kaiser Northern California's Strategies for Integrating Young Adults into Adult Health Care](#)

[New Transition QuickGuide on Health Care Transition and Career Planning](#)

[The ADA and the Health Care System: Experiences of Young Adults](#)

[New Practice Resources for Providers Available](#)

[This e-newsletter keeps you up-to-date about current activities of Got Transition and related health care transition topics of interest to the adolescent health community.](#)

Please share any transition-related items you'd like highlighted in our next issue at info@gottransition.org.

And be sure to check out www.GotTransition.org for all your news and resources on the transition of young adults to adult health care!

Kaiser Northern California's Strategies for Integrating Young Adults into Adult Health Care

Got Transition is working with several health systems (Kaiser Permanente N. CA, Henry Ford Health Systems, HealthPartners, University of Rochester, Cleveland Clinic, and Walter Reed Medical Center) to start a health care transition process utilizing the Six Core Elements of Health Care Transition 2.0. Over the next several newsletters, Got Transition will include a short interview with one of the health systems to hear about their experiences. The first of these interviews is with Dr. Andrea Wong (lead, Kaiser Permanente Northern California Regional Young Adult Workgroup), who discusses Kaiser Permanente N. CA's focus on the care and retention of the young adult population within its system.



Q: *Why is Kaiser focusing special attention on young adults?*

A: At Kaiser Permanente, we recognize young adults (ages 18-25) have less touch points with health care, yet may have chronic health conditions or high-risk health behaviors. This is a crucial point in their lives as they become responsible for their own health decision making. It is noteworthy that up to 25% of young adults may have special health care needs. Of patients with chronic medical conditions, young adults have poorer health measures compared to non-young adults. Additionally, young adults are often less satisfied with their health care experiences and express feelings of not being connected. We hope to innovate ways to address young adult health care needs and create a loyalty to Kaiser Permanente.

Q: *What clinical process changes have you made to ensure that young adults move from pediatric to adult health care?*

A: We have engaged with pediatricians, internists, family medicine physicians and subspecialists to look specifically at transitions of care. This includes having pediatricians prepare their patients and families for the transition to adult health care. Also, we send letters to families to let them know when they graduate from Pediatrics and welcoming them to a new primary care physician. We have created electronic tools including best practice alerts, questionnaires to identify high-risk behaviors, and tip sheets targeting young adult needs.

Q: Have your changes shown any positive results?

A: As a closed health care system, we are able to ensure that every one of our young adult members link with a new physician when they graduate from Pediatrics. For some chronic conditions (e.g. congenital health disease, ADHD), we have identified and created best practices in Kaiser Permanente Northern California about transitions of care.

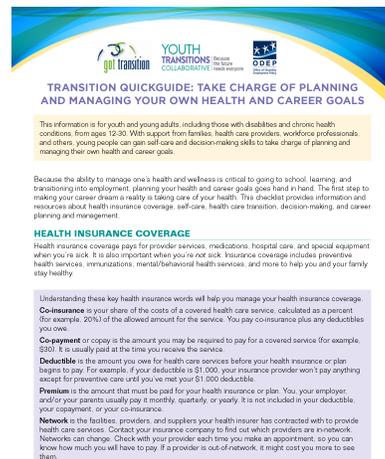
Q: What are the main lessons learned from this work?

A: It takes a team of people to have the transition process work smoothly. We engaged our physicians as well as leadership, member outreach, education, and technology team to develop processes and tools. We continually need to revisit these processes to ensure they are continuing at local medical centers and to improve the transition process. We also found a wide variation in how pediatric subspecialists transition their patients to adult care. It has been about a balance between adopting uniform best practices while meeting local needs and practice styles.

New Transition QuickGuide on Health Care Transition and Career Planning

Taking charge of health and career goals is a shared goal of the Department of Labor's Office of Disability Employment Policy (ODEP), Got Transition, and the Youth Transitions Collaborative. Since 2014, these three organizations have partnered to strengthen the linkages between health care transition planning and career transition planning. To advance this goal, [a brief QuickGuide on health insurance coverage, self-care, health care transition, decisionmaking, and career planning](#) was jointly developed for youth and young adults with disabilities.

Got Transition will also join ODEP and the Youth Transitions Collaborative to hold a one-hour webinar on October 13th at 2 EST addressing the intersection between transition planning in health and employment. The webinar will feature consumer transition expert, Teresa Nguyen, from Got Transition and young adult and parent representatives from the Youth Action Council on Transition (YouthACT). [Register here](#) to participate in this exciting webinar opportunity.



The ADA and the Health Care System: Experiences of Young Adults

The Americans with Disabilities Act (ADA) celebrated its 25th anniversary on July 26, 2015. This pivotal legislation has changed the lives of individuals with disabilities by prohibiting discrimination in education, employment, health care, transportation, housing, and more. Still, much remains to be accomplished. Health Care Transition Consumer experts Mallory Cyr (right) and Teresa Nguyen (left) discuss their [reflections on the success and needed health care improvements in the ADA](#) for youth and young adults.



New Practice Resources for Providers Available

Three new resource tools are available to support practices in offering health care transition services for youth and young adults with and without chronic conditions.

- "[Starting a Transition Improvement Process Using the Six Core Elements of Health Care Transition 2.0](#)," by Patience White, Carl Cooley, and Jeanne McAllister. This resource describes a set of steps for initiating a transition improvement process. Based on lessons learned from transition quality improvement efforts across the country, these steps address gaining leadership support, forming an improvement team, defining the transition process for improvement, and dedicating time for implementation.
- "[Coding and Reimbursement Tip Sheet for Health Care Transition](#)," by Peggy McManus and Richard Molteni. This resource describes several transition payment models that can be used to support transition innovations: enhanced fee-for-service payments, pay for performance, capitation, bundled payments, shared savings, and administrative or infrastructure payments. It also includes a detailed list of relevant CPT codes and associated Medicare fees.
- "[Integrating Young Adults with Intellectual and Developmental Disabilities into Your Practice: Tips for Adult Health Care Providers](#)," by Carl Cooley and Thomas Cheetham. This resource offers practical tips for preparing the office and staff for caring for young adults with intellectual/developmental disabilities. It also describes recommended transition actions that can be taken prior to the initial visit, during the visit, and after the visit.

