

Overview: Integrating Young Adults into Adult Health Care

1 TRANSITION AND CARE POLICY/GUIDE

- Develop a transition and care policy/guide with input from young adults that describes the practice's approach to transition, accepting and partnering with new young adult patients, and an adult approach to care in terms of privacy and consent.
- Educate all staff about the practice's approach to transition and distinct roles of the young adult, parent/caregiver, and adult health care team in the transition process, taking into account cultural preferences.
- Display transition and care policy/guide somewhere accessible in practice space, discuss and share with young adult at first visit, and regularly review as part of ongoing care.

2 TRACKING AND MONITORING

- Establish criteria and process for identifying transitioning young adults.
- Develop process to track receipt of the Six Core Elements, integrating with electronic medical records (EMR) when possible.

3 ORIENTATION TO ADULT PRACTICE

- Identify and list adult clinicians within your practice interested in caring for young adults.
- Establish a process to welcome and orient new young adults into practice, including a description of available services.
- Provide young adult-friendly online or written Frequently Asked Questions about the practice.

4 INTEGRATION INTO ADULT PRACTICE

- Communicate with young adult's pediatric clinician(s) and arrange for consultation assistance, if needed.
- Prior to first visit, ensure receipt of transfer package, including final transition readiness assessment, plan of care with transition goals and prioritized actions, medical summary and emergency care plan, and, if needed, legal documents, condition fact sheet, and additional clinical records.
- Make pre-visit appointment reminder welcoming new young adult and identifying any special needs and preferences.

5 INITIAL VISITS

- Prepare for initial visit by reviewing transfer package with appropriate team members.
- Address any concerns young adult has about transferring to adult care and take into account any cultural preferences.
- Clarify an adult approach to care (shared decision-making, privacy and consent, access to information), adherence to care, preferred methods of communication, and health literacy needs.
- Conduct self-care skills assessment if not recently completed and discuss their needs for self-care and how to use health care services.
- Offer education and resources on needed skills identified through the self-care skills assessment.
- Review young adult's health priorities as part of their plan of care.
- Update and share with young adult their medical summary and emergency care plan.

6 ONGOING CARE

- Communicate with pediatric practice confirming completion of transfer into adult practice and consult with pediatric clinician(s), as needed.
- Assist young adult in connecting with adult specialists, as needed, and provide linkages to insurance resources, self-care management information, and community support services.
- Obtain consent from young adult for release of medical information.
- Continue with ongoing care management tailored to each young adult and their cultural preferences.
- Elicit anonymous feedback from young adult on their experience with the transition process.
- Build ongoing and collaborative partnerships with other primary and specialty care clinicians.

