

Overview: Transitioning to an Adult Approach to Health Care Without Changing Clinicians

1 TRANSITION AND CARE POLICY/GUIDE

- Develop a transition and care policy/guide with input from youth/young adults and parents/caregivers that describes the practice's approach to transition 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 youth/young adult, parent/caregiver, and 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 youth/young adult and parent/caregiver, beginning at age 12 to 14, and regularly review as part of ongoing care.

2 TRACKING AND MONITORING

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

3 TRANSITION READINESS

- Conduct regular transition readiness assessments, beginning at age 14 to 16, to identify and discuss with youth and parent/caregiver their needs for self-care and how to use health care services.
- Offer education and resources on needed skills identified through the transition readiness assessment.

4 TRANSITION PLANNING

- Develop and regularly update the plan of care, including readiness assessment findings, youth/young adults' goals and prioritized actions, medical summary and emergency care plan, and, if needed, legal documents.
- Prepare youth/young adult and parent/caregiver for an adult approach to care, including legal changes in decision-making and privacy and consent, self-advocacy, and access to information.
- Determine need for decision-making supports for youth/young adult and make referrals to legal resources.
- Plan with youth/young adult and parent/caregiver for optimal timing of transfer from pediatric to adult specialty care, if needed.
- Provide linkages to insurance resources, self-care management information, and community support services.
- Obtain consent from youth/young adult/parent/caregiver for release of medical information.
- Take cultural preferences into account throughout transition planning.

5 TRANSITION TO ADULT APPROACH TO CARE

- Address any concerns youth/young adult has about transferring to an adult approach to care.
- 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 young adult's 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 youth/young adult's health priorities as part of their plan of care.
- Continue to update and share with youth/young adult their medical summary and emergency care plan.

6 ONGOING CARE

- Assist youth/young adult in connecting with specialists and other support services, as needed.
- Continue with ongoing care management tailored to each youth/young adult and their cultural preferences.
- Elicit anonymous feedback from youth/young adult and their parent/caregiver on their experience with the transition process.
- Build ongoing and collaborative partnerships with specialty care clinicians.

