



# Integrating Young Adults into Adult Health Care

## Six Core Elements of Health Care Transition 2.0

### 1. Young Adult Transition and Care Policy

- Develop a transition policy/statement with input from young adults that describes the practice's approach to accepting and partnering with new young adults, 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 young adult, family, and pediatric and adult health care team in the transition process, taking into account cultural preferences.
- Post policy and share/discuss with young adults at first visit and regularly review as part of ongoing care.

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### 2. Young Adult Tracking and Monitoring

- Establish criteria and process for identifying transitioning young adults until age 26 and enter their data into a registry.
- Utilize individual flow sheet or registry to track young adults' completion of *Six Core Elements*.
- Incorporate *Six Core Elements* into clinical care process, using EHR if possible.

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### 3. Transition Readiness/Orientation to Adult Practice

- Identify and list adult providers 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 information about the practice and offer a "get-acquainted" appointment, if feasible.

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### 4. Transition Planning/Integration into Adult Practice

- Communicate with young adult's pediatric provider(s) and arrange for consultation assistance, if needed.
- Prior to first visit, ensure receipt of transfer package (final transition readiness assessment, plan of care with transition goals and pending actions, medical summary and emergency care plan, and, if needed, legal documents, condition fact sheet, and additional provider records.)
- Make pre-visit appointment reminder call welcoming new young adult and identifying any special needs and preferences.
- Provide linkages to insurance resources, self-care management information, and culturally appropriate community supports.

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### 5. Transfer of Care/Initial Visit

- Prepare for initial visit by reviewing transfer package with appropriate team members.
- 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 their needs and goals in self-care.
- Review young adult's health priorities as part of their plan of care.
- Update and share portable medical summary and emergency care plan.

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### 6. Transfer Completion/Ongoing Care

- Communicate with pediatric practice confirming transfer into adult practice and consult with pediatric provider(s), as needed.
- 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 pediatric primary and specialty care providers.