



# Bridging the Gap

Bridging the Gap:

Transition from Pediatric to Adult Health Care



# Presenter(s)

Hunter Markle

Young Adult

Tim Markle

Parent

Youth Health Transition Initiative

Children and Youth With Special Health Care Needs

Southern Regional Center Director

Who we are

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# Network in Wisconsin

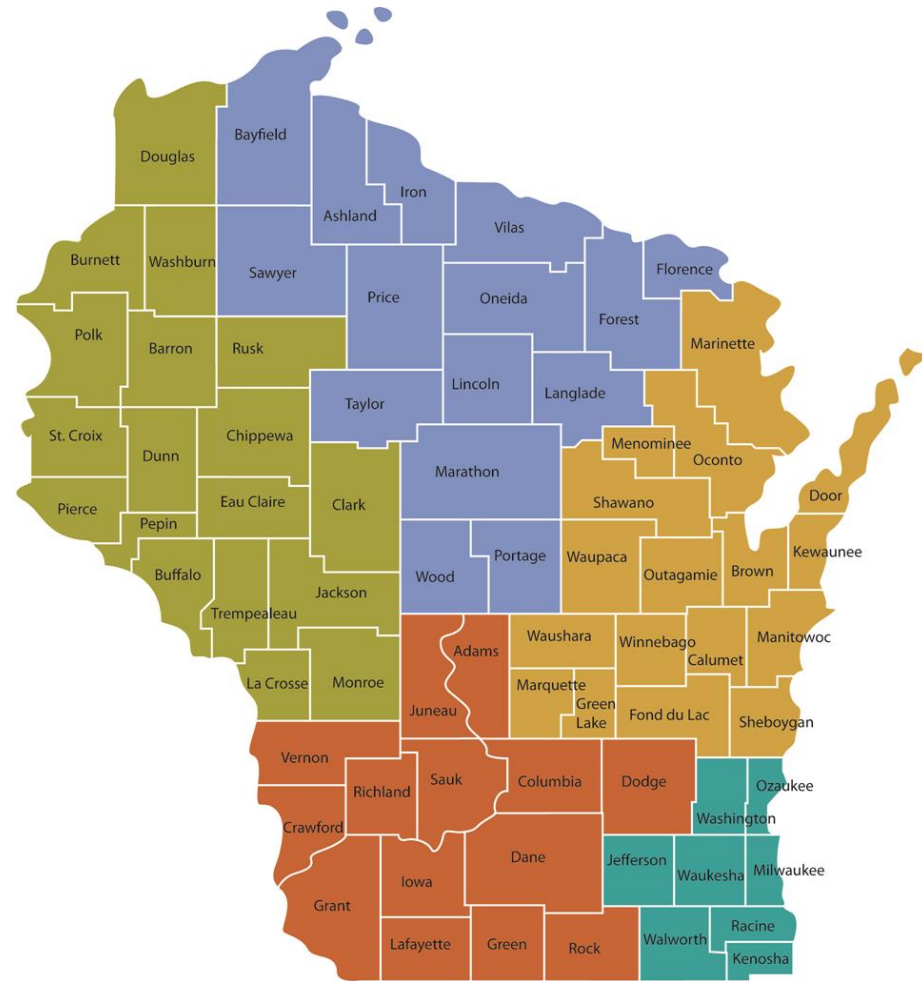


Wisconsin Title V Children and Youth with Special Health Care Needs Program



# 5

## Regional Centers Wisconsin



# Southern Regional Center

Location: Waisman Center, Madison

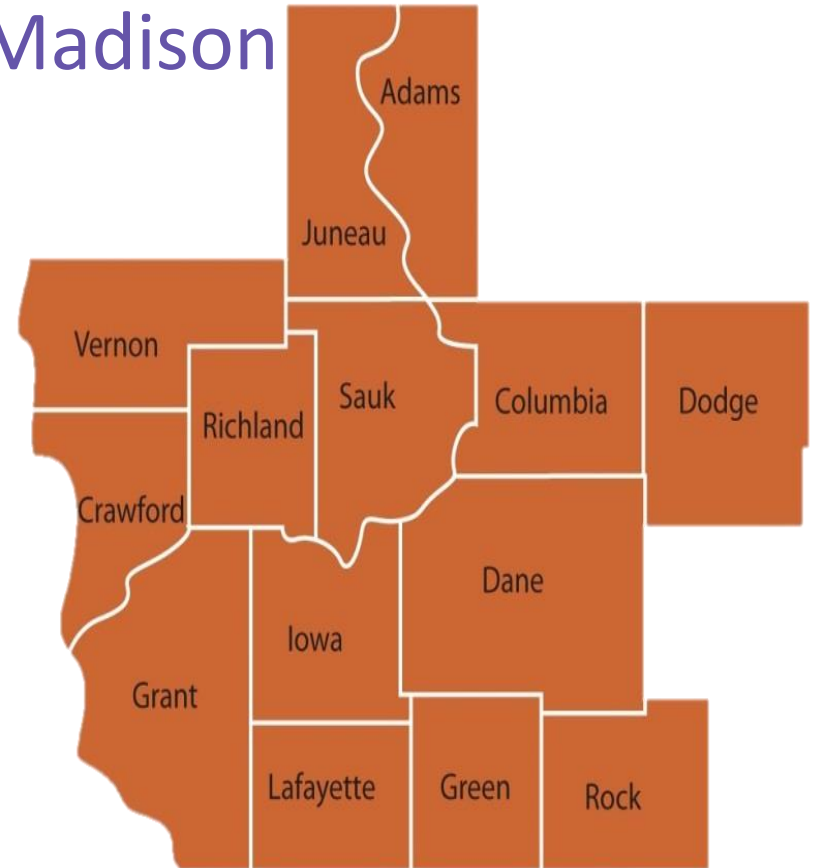
Phone: 608-265-8610

Toll Free: 800-532-3321

Director: Tim Markle

[cyshcn@waisman.wisc.edu](mailto:cyshcn@waisman.wisc.edu)

[waisman.wisc.edu/cshcn](http://waisman.wisc.edu/cshcn)



# Statewide Initiative



# WI Youth Health Transition Efforts

- Supports health care providers and organizations moving transition efforts forward within systems
- *Health Transition Wisconsin* website and community outreach
- Disseminates health transition resources to partners through trainings, exhibits and community partnerships
- Promote integrated transition planning

# Where We're Going

1. What is Health Care Transition (HCT) anyway?
2. What health care skills can be learned and practiced before adulthood?
3. How does HCT impact other areas of transition?



# Personal Story Time



# What is Health Care Transition?

Health care transition is the process of changing from a pediatric to an adult model of health care.

Got Transition website

<https://www.gottransition.org/providers/index.cfm>; accessed 2/5/19

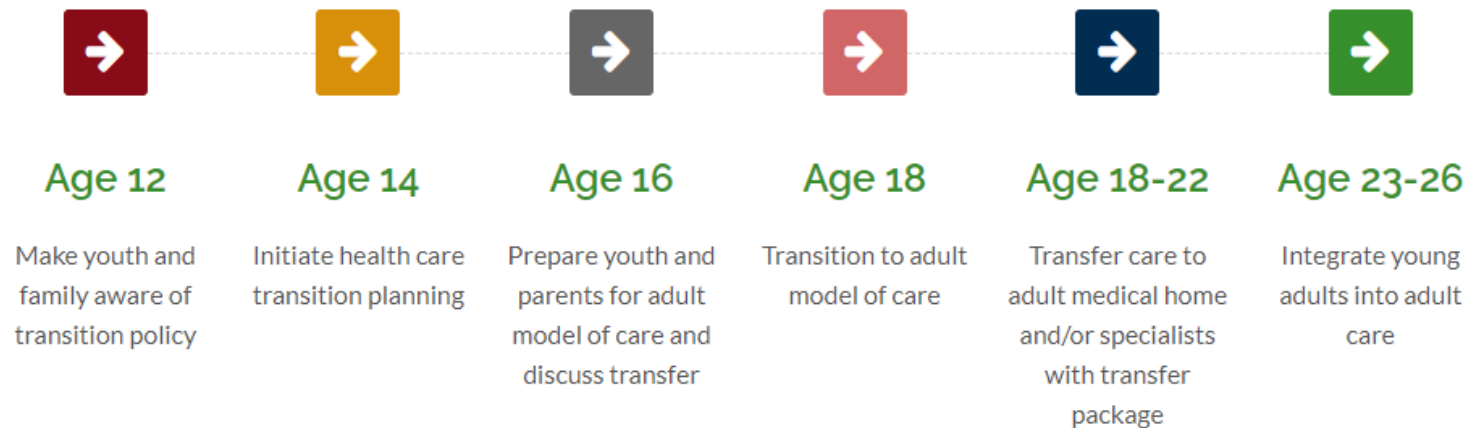
# What are some parts of Health Care Transition?

## Multi-year Process

1. Preparing for Transition (12 or younger)
2. Transfer of Care (usually 18-22 years old)
3. Fully Integrated into Adult Health Care (rest of their lives)

# Health Care Transition Timeline

## RECOMMENDED HEALTH CARE TRANSITION TIMELINE



**For Providers/Clinics/Systems**

<https://www.gottransition.org/six-core-elements/>

Who needs to  
think about  
transition?

Adolescents and  
Young Adults (AYA)  
their families,  
their schools,  
their employers,  
their community.

Especially if identified  
with a disability or  
health care need.

# What is Health Care Transition?

## Multi-year Process

1. Preparing for Transition

# What might change

- Providers/hospital/procedure
- Decision making/information sharing/Supported Decision Making
  - Release of Information
  - Powers of Attorney
  - Guardianship
  - Supported Decision Making



# What might change

- **More information sharing**

  - Appointments (during and after hours)

  - Prescription refills

  - Access to electronic records



- **Health Insurance**

  - Public

  - Private/Family

  - Both

  - None?

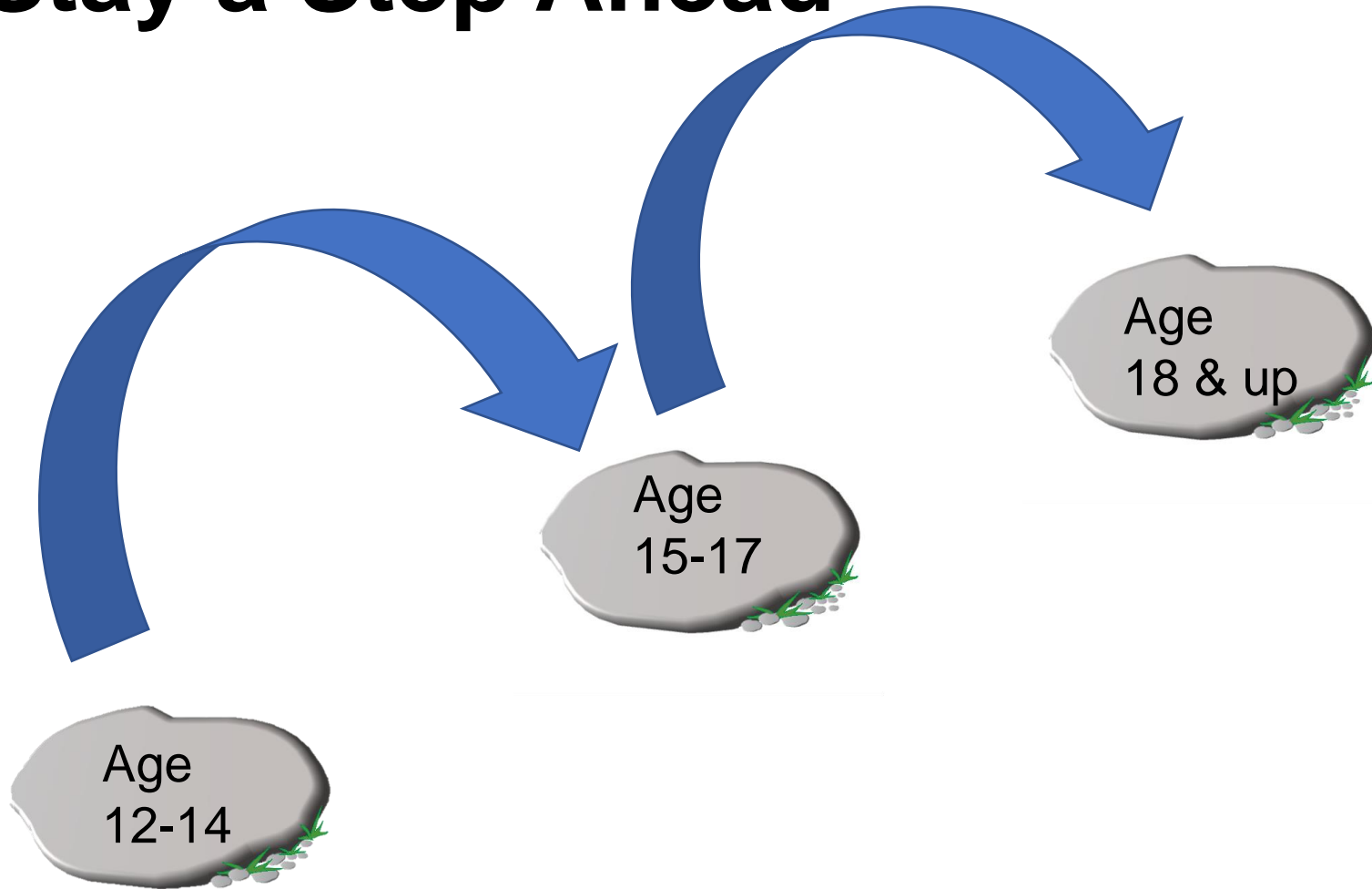


# Skills that can be worked on before 18

- Decision making
- Understanding health needs
- Making/checking into appointments
- Time alone with the doctor
- Filling prescriptions, taking medications, understanding side effects
- Emergency Contacts (phone, medical alert, card, etc.)



# Stay a Step Ahead



# Readiness Assessment

What do you already know about your health?



# Readiness Assessment

## Sample Transition Readiness Assessment for Youth

Please fill out this form to help us see what you already know about your health, how to use health care, and the areas you want to learn more about. If you need help with this form, please ask your parent/caregiver or doctor.

Preferred name \_\_\_\_\_ Legal name \_\_\_\_\_ Date of birth \_\_\_\_\_ Today's date \_\_\_\_\_

### TRANSITION IMPORTANCE & CONFIDENCE *Please circle the number that best describes how you feel now.*

The transfer to adult health care usually takes place between the ages of 18 and 22.

How important is it to you to move to a doctor who cares for adults before age 22?

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  
not \_\_\_\_\_ very

How confident do you feel about your ability to move to a doctor who cares for adults before age 22?

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  
not \_\_\_\_\_ very

### MY HEALTH & HEALTH CARE *Please check the answer that best applies now.*

	NO	I WANT TO LEARN	YES
I can explain my health needs to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to ask questions when I do not understand what my doctor says.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my allergies to medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my family medical history.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talk to the doctor instead of my parent/caregiver talking for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I see the doctor on my own during an appointment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know when and how to get emergency care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get medical care when the doctor's office is closed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I carry important health information with me every day (e.g., insurance card, emergency contact information).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that when I turn 18, I have full privacy in my health care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know at least one other person who will support me with my health needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find my doctor's phone number.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to make and cancel my own doctor appointments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a way to get to my doctor's office.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get a summary of my medical information (e.g., online portal).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to fill out medical forms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get a referral if I need it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what health insurance I have.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what I need to do to keep my health insurance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talk with my parent/caregiver about the health care transition process.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### MY MEDICINES *If you do not take any medicines, please skip this section.*

I know my own medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know when I need to take my medicines without someone telling me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to refill my medicines if and when I need to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### WHICH OF THE SKILLS LISTED ABOVE DO YOU MOST WANT TO WORK ON?

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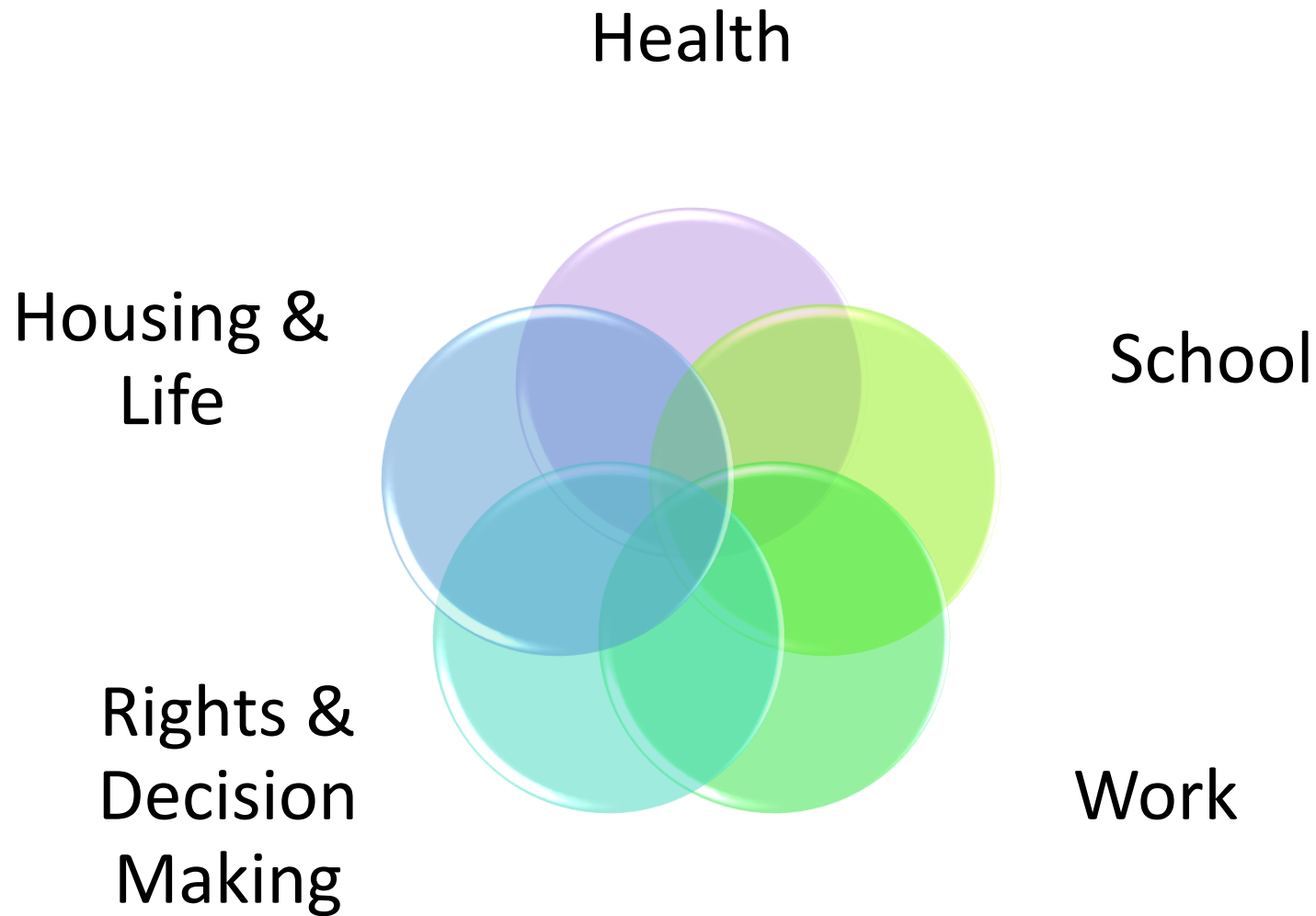
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# Readiness Assessment

Health Care Transition Readiness Assessment  
for Students (English and Spanish)

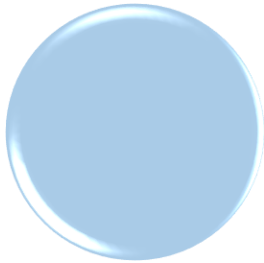
[https://www.gottransition.org/six-core-  
elements/transitioning-youth-to-  
adult/transition-readiness.cfm](https://www.gottransition.org/six-core-elements/transitioning-youth-to-adult/transition-readiness.cfm)

# All transitions are have steps

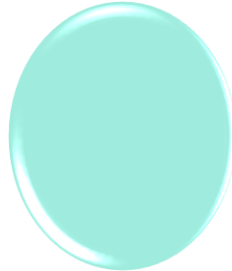


# Success needs a foundation

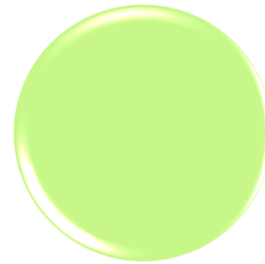
Housing  
and Life



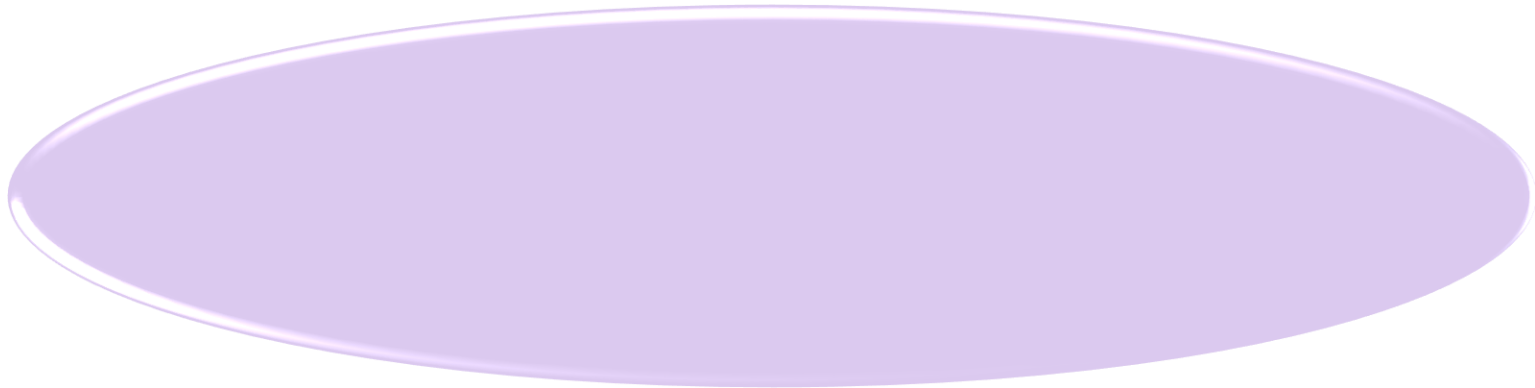
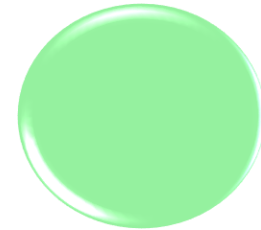
Rights &  
Decision  
Making



School



Work



Health

# School and Health

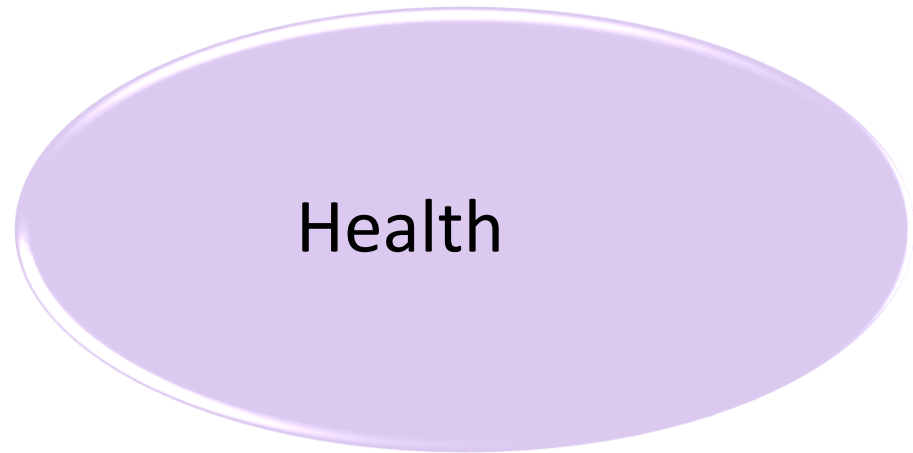
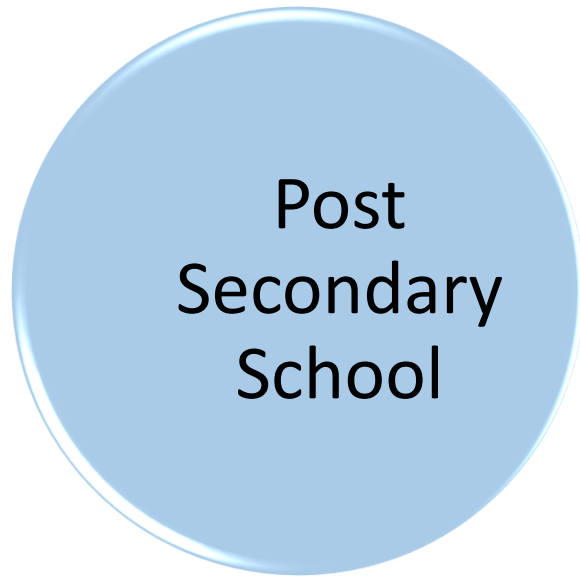


High  
School



Health

# School and Health



# Employment and Health



**Work**



**Health**

# Housing, Life and Health



Housing  
and Life



Health

# Rights and Health



Rights &  
Decision  
Making



Health

# Rights and Health

## Current decision-making support tools



### Release forms

Individual signs a release form authorizing a specific person access to certain information or records.



### Supported Decision-Making Agreement

Individual makes all their own decisions. They identify a supporter/s to assist them.



### Representative Payee

Social Security Administration appoints an individual/org. to receive SSI/SSDI benefits for an individual who cannot manage their own.



### Power of Attorney, (medical or financial)

Formal legal arrangements that permit others to act on the individual's behalf.



### Limited or Full Guardianship

Transfers some or all decision-making authority from the individual to a court-appointed Guardian.

Less limiting

More limiting

\* For the purpose of this publication, the term "individual" refers to an individual with disabilities and/or an aging adult.

# Why is health so important?

Increased independence

Success in day to day life

Post secondary education success

Working

Housing and Life

# Eight Health Tools



## Health Transition Wisconsin

Supporting Youth to Adult Health Care Transition

<https://healthtransitionwi.org/>

<https://healthtransitionwi.org/youth-families/>

Step-by-Step

Check out these additional resources to take charge of your health care!

Resources

Build Your Bridge Workbook

# Eight Health Tools

- Adult Providers
- Decisions
- Health Insurance
- Emergency Contacts



# Eight Health Tools

- Appointments
- Medications
- Health Summary
- About Me



# Self-Advocacy

- Advocating for yourself in an effective manner- at school, work, or with those who are perceived as having power over you, shifts the dynamics of those relationships
- Self-advocacy also means that you get to choose when to pick your battles
- Self-advocacy can be a great source of self-care
- Learn more at:  
<https://www.pacer.org/transition/learning-center/health/building-self-advocacy.asp>

# Bring health into your transition area

High School

Post-secondary

Therapy

Pre-employment skills

Employers

Employment agencies

DVR

ADRC

Housing support

# Life

# What is Health Care Transition?

## Multi-year Process

1. Preparing for Transition (12 or younger)
2. Transfer of Care (usually 18-22 years old)
3. Fully Integrated into Adult Health Care (rest of their lives)

# Transition Resources

Southern Regional Center for Children and Youth with Special Health Care Needs

[www.cyshcn.waisman.wisc.edu](http://www.cyshcn.waisman.wisc.edu)

Transition Talks Tuesdays (recorded videos)

<https://cyshcn.waisman.wisc.edu/transition-talks-tuesdays-2/>

# Transition Resources



[www.gottransition.org](http://www.gottransition.org)



**HEALTH TRANSITION WISCONSIN**

SUPPORTING YOUTH TO ADULT HEALTHCARE



[www.healthtransitionwi.org](http://www.healthtransitionwi.org)

# Transition Resources



Providers and Teens  
Communicating for Health

[www.patch.org](http://www.patch.org)



<https://wisewisconsin.org/up-to-me/>

# Health and the PTP

Transition Improvement Grant (TIG)

<https://www.witig.org/>

Yes, there is an app for that!

<https://www.witig.org/witransition-app.html>

[www.witransition.com](http://www.witransition.com)



# Health and the Employment

Division of Vocational Rehabilitation  
(DVR) <https://dwd.wisconsin.gov/dvr/job-seekers/transition/>

Job Accommodation Network  
<https://askjan.org>

# Rights and Health

## **WI Board for People with Developmental Disabilities**

Supported Decision Making Toolkit

<https://wi-bpdd.org/wp-content/uploads/2019/12/SDMToolkit.pdf>

Supportive Decision Making and Guardianship

October 3, 6:15-7:15pm

<https://cyshcn.waisman.wisc.edu/transition-talks-tuesdays-sauk-prairie-school-district/>

# Rights and Health

## **Family Voices of Wisconsin**

Transition to Adult Life Fact Sheets

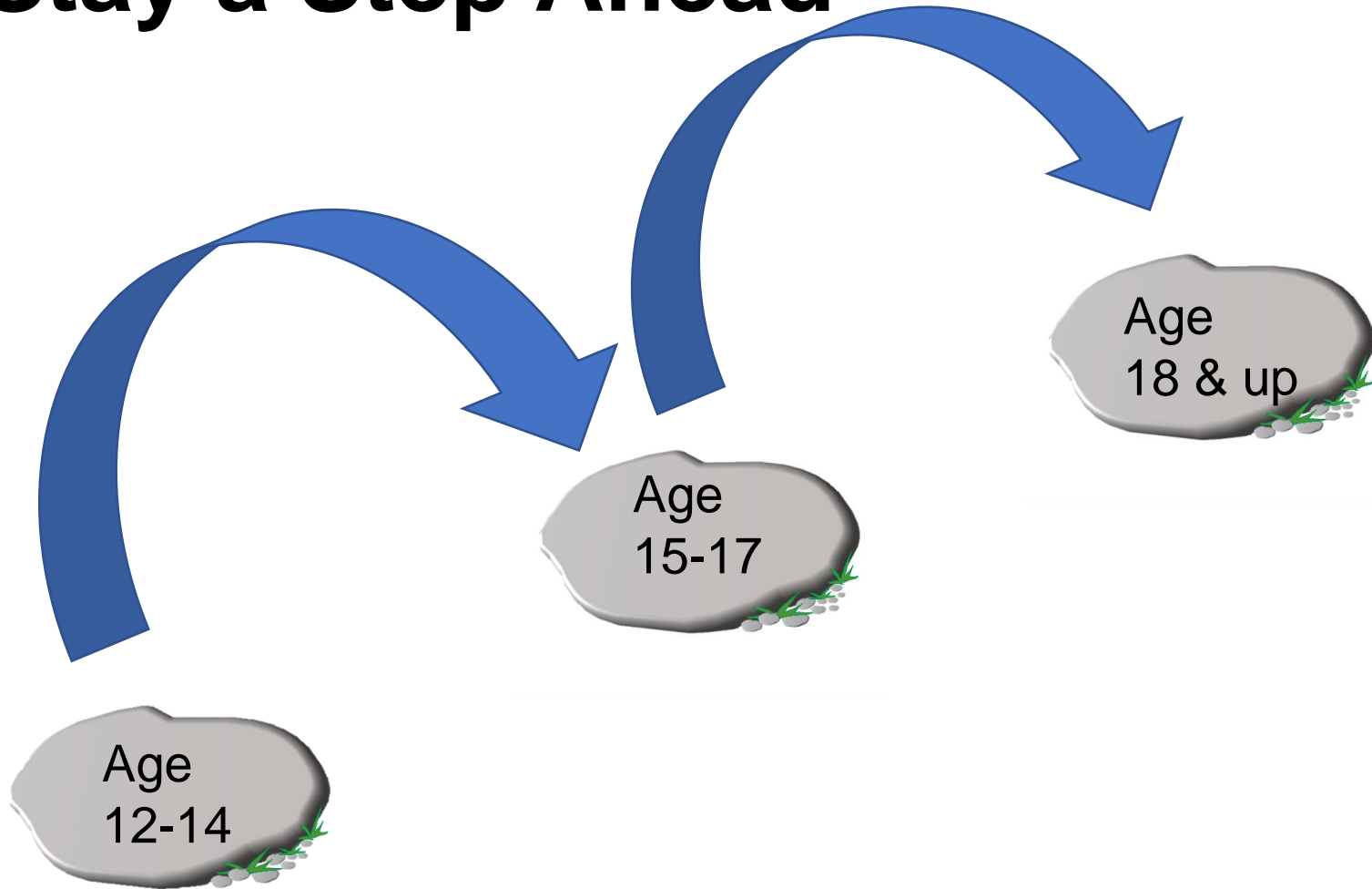
<https://familyvoiceswi.org/resource-library/>

Thinking about Supported Decision Making (Virtual Workshop)

November 15, 6:00pm

<https://familyvoiceswi.org/events-calendar/>

# Stay a Step Ahead



# Contact information

**Tim Markle**  
**Southern Regional Center**  
**for CYSHCN**  
**608-262-8033**  
[tmarkle@wisc.edu](mailto:tmarkle@wisc.edu)



Thank you!

Short (but very important) evaluation:

[https://redcap.wisconsin.gov/surveys/?s=HHPPR93Y4A&sesson\\_name=8](https://redcap.wisconsin.gov/surveys/?s=HHPPR93Y4A&sesson_name=8)



# Dr. Leah Ederer



## Doctor Visit About Me Form

This form is to help me better communicate with you, my doctor.  
Thank you for taking care of me today.

### INFORMATION ABOUT ME AND DECISION MAKING

FULL NAME:

ADDRESS:

MY PHONE NUMBER:

NAME OF EMERGENCY CONTACT:

PHONE NUMBER FOR CONTACT:

I can make my own decisions about my health care:  Yes  No

If no, who assists me in making decisions about my health care:

This person is my:  Family  Caregiver  Other

To contact this person, please call:

I live:  By Myself  With my family  With my caregiver  With roommates  
 In a group home  Other

### SOME WAYS YOU CAN HELP ME STAY CALM AND BETTER UNDERSTAND

- Talk slowly
- Write it down
- Use sign language
- Use a voice app
- Talk to my caregiver too
- Other

- Pictures help me:  Yes  No  
Bright lights bother me:  Yes  No  
A lot of noise bothers me:  Yes  No

Describe the reason for your appointment (include your symptoms)?

Do you have any medical problems that you go to the doctor for?  Yes  No

What are they?

Do you take any medication at home every day?  Yes  No

By prescription?  No

Yes, list the names and dosages

Over the counter?  No

Yes, list the names and dosages

Do you have allergies to medicines?  No

Yes, please list



## Health Care Changes Too!

Bridging the Gap from Adolescent to Adult Health Care

### **Transition Talk Tuesdays**

10/10/2023

Liz Kennedy, Transition Coordinator, SPSD

Tim Markle,

Southern Regional Center for Children and Youth with Special Health Care  
Needs and the [Wisconsin Youth Health Transition Initiative](#), and  
Hunter Markle

# How Sauk Prairie School District helps with this

Transition Coordinator will: process...

- assist families in referring to the ADRC at 17.6 (see 09/26 TTT webinar for info on ADRC)
- coordinate with any outside agencies with whom you may be collaborating
- share healthcare toolkits, medical record/medication folders
- parent portfolios - available in Spanish and English
- Wisconsin Transition Resource Guides - available in Spanish and English
- connect you with local Independent Living Centers
- connect you with school social workers who can assist you in connecting with applications for medical coverage
- help you plan through the PostSecondary Transition Plan (PTP) for the steps you need to take in this process

# More Transition Talk Tuesdays Coming up...

## Transition Tuesdays

9/19-10/24

- ✓ Sauk Prairie Transition: PTP, Post secondary education planning, financial aid discussion with college reps
- ✓ -The ADRC, Long Term Supports and SSI application
- ✓ -Guardianship and supported decision making – The continuum of support options
- ✓ -Healthcare for people with disabilities
- Working while on social security, Ticket to Work, PASS program, Benefits Analysis
- Sauk Prairie Beyond 18 programs and employment

# How to sign up for the other TTT sessions

Here is the link for families to sign up:

Registration -- <https://go.wisc.edu/RegTTTSauk>

Website -- <https://go.wisc.edu/TTTSauk>

Todas las charlas se interpretarán simultáneamente al español.

Para descargar un folleto en español. flyer

También está disponible una página de inscripción en español. <https://go.wisc.edu/9g3174>

All talks will be simultaneously interpreted into Spanish.

A registration site in Spanish is also available. <https://go.wisc.edu/9g3174>

Families can register online and we will also be offering in-person for those who do not have access to technology outside of school. I have reserved the BOE room for each of the evenings at 440 13th Street, Prairie du Sac, 53578

We had one virtual Transition Talk about Special Needs Trusts already. You can access that at the website to watch at any time.



# Questions and Contact Information

Liz Kennedy

Transition Coordinator

Sauk Prairie School District

[liz.kennedy@saukprairieschools.org](mailto:liz.kennedy@saukprairieschools.org)

608.644-2863 \* new number

Questions and special thanks to Tim Markle and our Spanish interpreters!

