

# Build Your Bridge

## Moving from Child to Adult Health Care



# Welcome to Build Your Bridge

## **Presenters:**

**Hunter Markle**

**Lived Experience Partner**

**Tim Markle**

**Parent with Lived Experience**

**Outreach Manager Children's Resource Center-South**

**Director WI Youth Health Transition Initiative**

**UW Madison Waisman Center; UCEDD**

# Wisconsin Wayfinder



**Wisconsin Wayfinder**  
Children's Resource Network

[dhs.wi.gov/wiscway](https://dhs.wi.gov/wiscway) | (877) WiscWay



# Build Your Bridge

## Moving from Child to Adult Health Care



# Learning Objectives

1. Define youth health care transition, what it is & why it is important.
2. Apply tools and resources to take an active role in the health care transition process.

# What is Youth Health Transition?

Health care transition, or HCT, is the process of getting ready for health care as an adult.



Got Transition website

<https://www.gottransition.org/youth-and-young-adults/>; accessed 9/9/2024

# What the parts Youth Health Transition?

- 1) Preparing for Transition
- 2) Transfer of Care
- 3) Successful Integration into Adult Health Care



# 8 Tools for a Successful Transition



# Transition Tools

**Adult  
Providers**



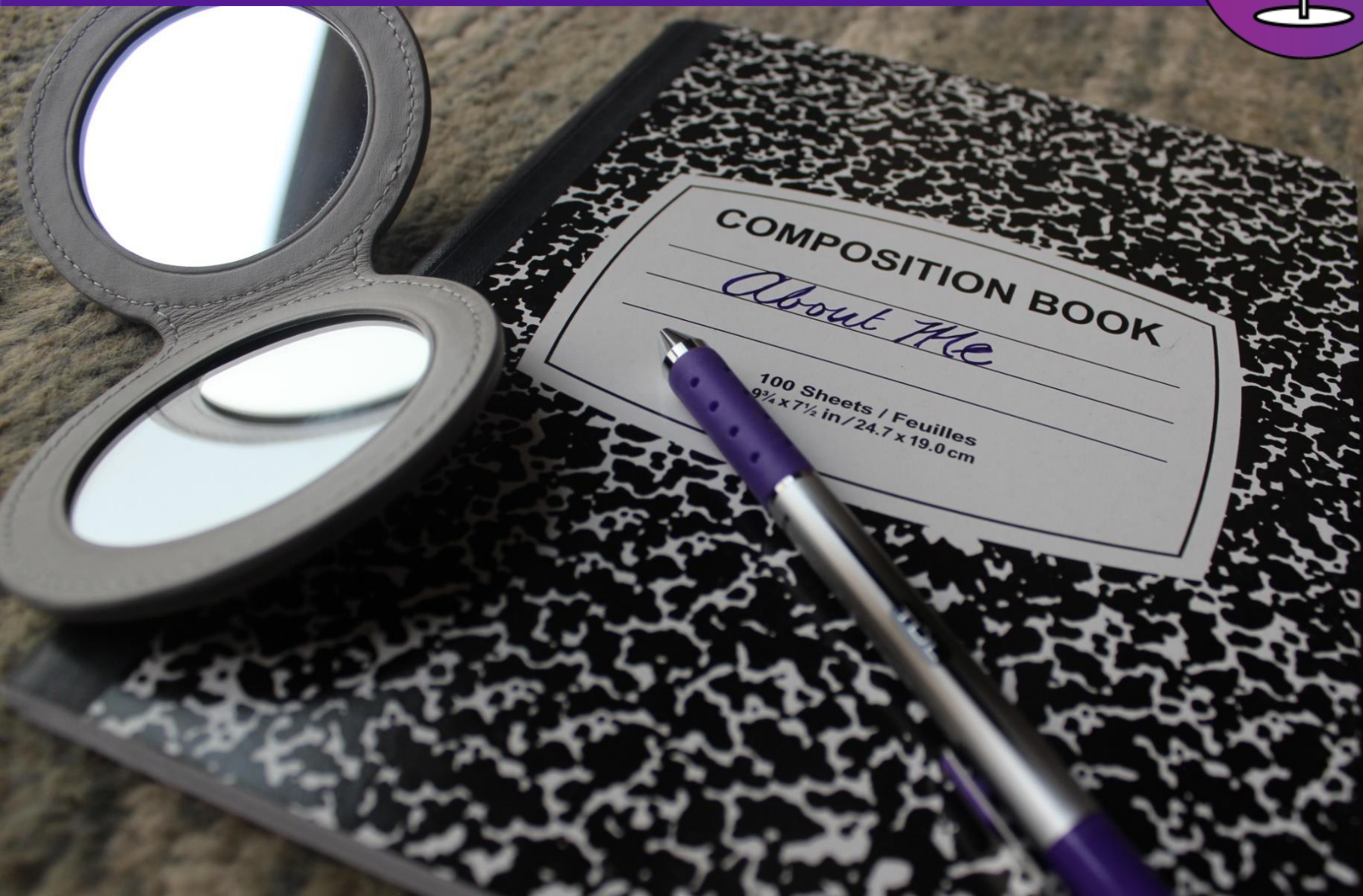
**About Me**

**Decisions**



**Medical  
Insurance**

# ABOUT ME



# About Me for the Dr



Sharp

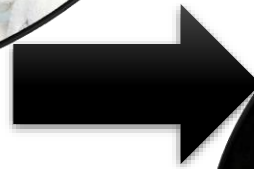
# About Me for Others



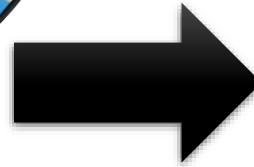
# ADULT PROVIDERS



# Specialty



# Dental



# Decisions



# DECISIONS



# "Decision making" Definitions



**Power of Attorney:** As an additional step, young adult children may consider naming a durable power of attorney, which allows a parent or other designated agent to handle financial matters on behalf of the adult child.

**Medical Power of Attorney** When signing an MPOA, your young adult child will appoint an "agent/representative" to make medical decisions on their behalf if they are incapacitated and unable to make those decisions for yourself. Each state has different laws governing MPOAs. An MPOA is a highly recommended legal document for all adults.

# "Decision making" Definitions



**Guardianship:** A person or agency chosen or appointed by a court to make legal decisions for another person, who cannot make those decisions themselves. Guardianship can be requested from the age of 17 years and 9 months.

**Supported Decision-Making:** The process used for friends, family, and professionals to help a person understand the situations and choices they face, so they can make their own decisions.

# “Supported Decision Making”



Use allies to help understand situations and choices they face

Decision-making assistance



# HEALTH INSURANCE



# Medical Financial Coverage



- Medicaid coverage
  - Children's remains active until age 19
  - Adults can apply in month of 18<sup>th</sup> birthday
- Staying on Parents' Insurance – “Adult Disabled Child”
  - Often children with disabilities may stay under parents' insurance policy indefinitely (past age 26)
  - Consult with your private insurance provider sooner than later

# Long-term care support services for adults



- If your child receives long-term care services for children, you will need to ask your CLTS caseworker about adult services.
- When your child turns 17 & 1/2, call your county's Aging and Disability Resource Center (ADRC) to learn about adult services.
- Click on your county to get a phone number  
<https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

# ABC for Health



- Online Health Insurance Tool
- Benefits Counselors
- Informational Videos

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

# Transition Tools

**Appointments**



**Emergency  
Contacts**

**Health  
Summary**



**Medications**



# EMERGENCY CONTACTS



# APPOINTMENTS



# Tips About Appointments



# Tips About Appointments



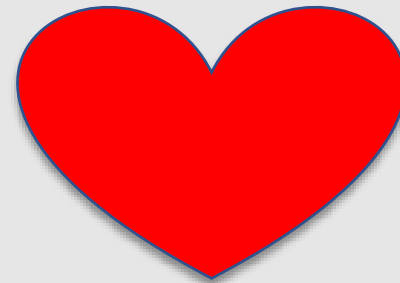
# MEDICATIONS



# Learning About Medications



For my  
Allergies



Makes my  
stomach  
better

# Tips About Medications



**Dextroamphetamine**

**Carbamazepine**

**Diphenhydramine**

**Acetohexamide**

# Tips About Medications



# Refilling Medications



**FOGHORN LEGHORN**

1212 N ROOSTER RD, OREGON, WI 53575

11/09/20

Warning: Do not use if you are pregnant, suspect that you are pregnant, or while breastfeeding. Consult your doctor or pharmacist.

Take this medication ½ hour before a meal. Read label carefully for how many times to take each day.

**TAKE ONE TABLET TWO TIMES A DAY**

**GEMFIBROZIL 600 MG TABLET**

**RX: 6000254-99**

**QTY: 60**

**REFILLS: 4**

**(608) 241-9638**

**UNTIL 5/09/21**

**. A YOUNG**

**USE BY: 11/09/21**



MFG: TEVA  
USA

NDC: 00093-0670-05

<https://www.youtube.com/watch?v=gHv7KWB9RuI>

# HEALTH SUMMARY/SHARED PLAN OF CARE



# Tips On A Health Summary



## American College of Physicians [Condition-Specific Tools](#)

- Intellectual and Developmental Disabilities (IDD)
- Physical Disabilities
- Type 1 Diabetes
- Turner Syndrome
- Growth Hormone Deficiency
- Systemic Lupus Erythematosus
- Sickle Cell Disease
- Hemophilia
- End-Stage Renal Disease
- Juvenile Idiopathic Arthritis
- Congenital Heart Disease

# HCT Readiness Assessment

<https://www.gottransition.org/six-core-elements/transitioning-youth-to-adult/transition-readiness.cfm>

English and Spanish

## THE SIX CORE ELEMENTS OF HEALTH CARE TRANSITION™ 3.0

### 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							
<b>TRANSITION IMPORTANCE &amp; CONFIDENCE</b> 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 not	1	2	3	4	5	6	7	8	9	10 very
How confident do you feel about your ability to move to a doctor who cares for adults before age 22?										
0 not	1	2	3	4	5	6	7	8	9	10 very
<b>MY HEALTH &amp; HEALTH CARE</b> 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"/>							
<b>MY MEDICINES</b> 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"/>							
<b>WHICH OF THE SKILLS LISTED ABOVE DO YOU MOST WANT TO WORK ON?</b>										

Transitioning Youth to an Adult Health Care Clinician  
Six Core Elements of Health Care Transition™ 3.0

© 2020 Got Transition®. Non-commercial use is permitted, but requires attribution to Got Transition for any use, copy, or adaptation.



# Transition Resources



– National Resource

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



**HEALTH TRANSITION WISCONSIN**

SUPPORTING YOUTH TO ADULT HEALTHCARE



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

# Acknowledgement

Funded in part by the Maternal and Child Health Title V Services Block Grant, Maternal and Child Health Bureau, Health Resources and Services Administration, U.S. Department of Health and Human Services.

# Feedback!

Short (but very important) evaluation:

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



# Contact

Tim Markle

[tmarkle@wisc.edu](mailto:tmarkle@wisc.edu)

Hunter Markle

[hmarkle05@gmail.com](mailto:hmarkle05@gmail.com)