



Bridging the Gap

Bridging the Gap:
Transition from Pediatric to Adult Health Care

Presenter(s)

Hunter Markle

Young Adult

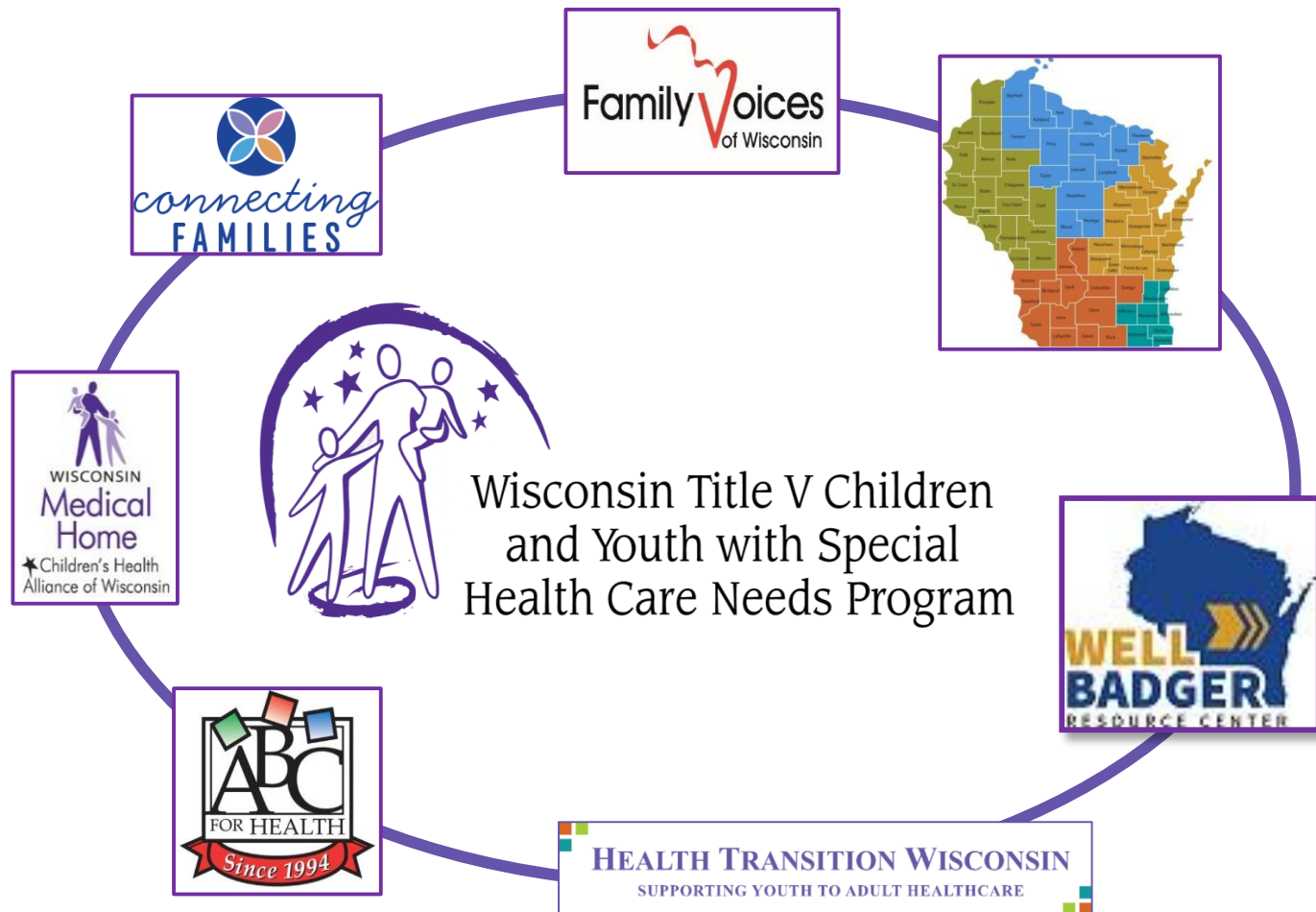
Tim Markle

Parent

Youth Health Transition Initiative
Children's Resource Center-South

Who we are

Wisconsin CYSHCN Network



Wisconsin Wayfinder



dhs.wi.gov/wiscway | (877) WiscWay

Welcome to Build Your Bridge

Children's Resource Centers

Formerly known as the CYSHCN Regional Centers

Note: Centers will keep their current phone numbers for already established contacts.



Children's Resource Center -South

Location: Waisman Center, Madison

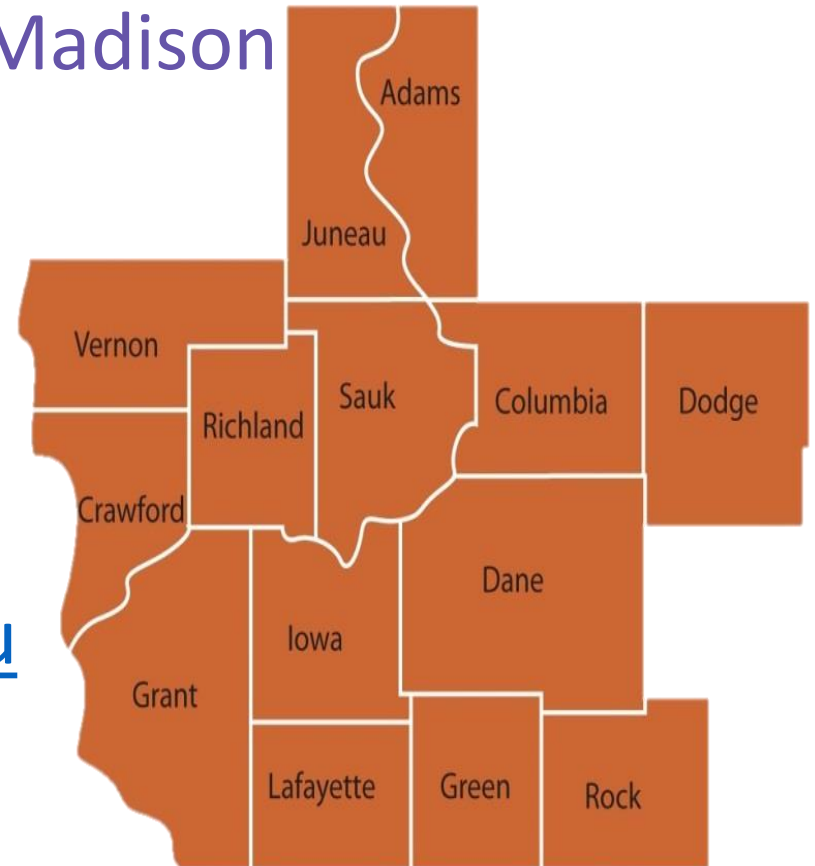
Phone: 608-265-8610

Toll Free: 800-532-3321

Director: Tim Markle

crcsouth@waisman.wisc.edu

crcsouth.waisman.wisc.edu



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?



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)

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?

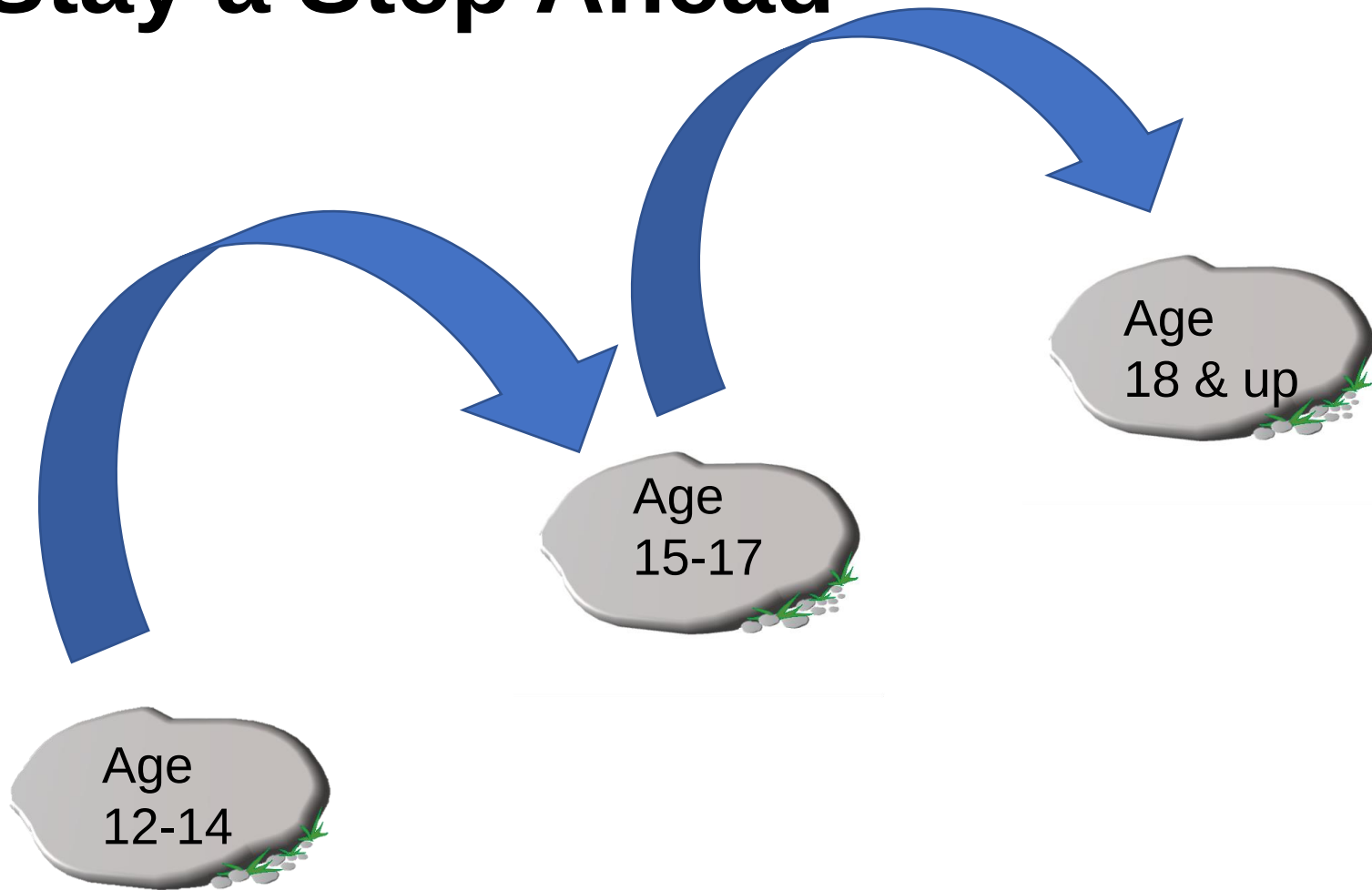


Skills that can be worked on before 18

- 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.)
- About Me & Shared Plan of Care



Stay a Step Ahead



Readiness Assessment

What do you already know about your health?



Readiness Assessment

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							
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 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

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

MY MEDICINES	NO	I WANT TO LEARN	YES
I know my own medicines.	☐	☐	☐
I know when I need to take my medicines without someone telling me.	☐	☐	☐
I know how to refill my medicines if and when I need to.	☐	☐	☐

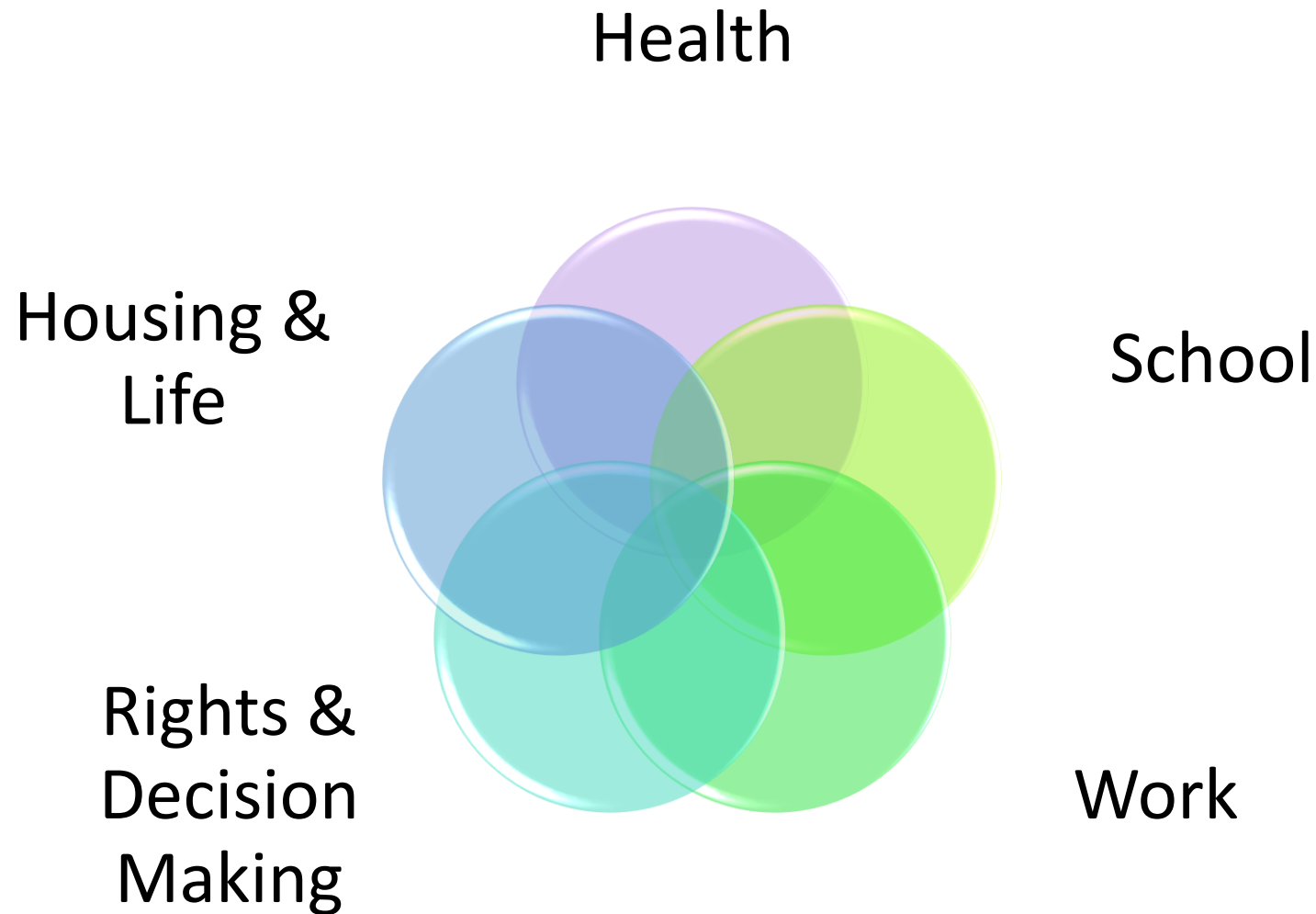
WHICH OF THE SKILLS LISTED ABOVE DO YOU MOST WANT TO WORK ON?

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



Why is health so important?

Increased independence

Success in day to day life

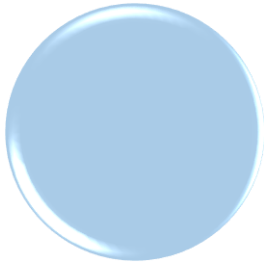
Post secondary education success

Working

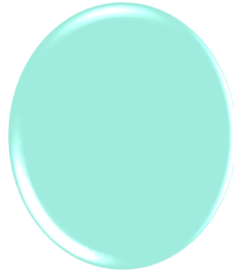
Housing and Life

Success needs a foundation

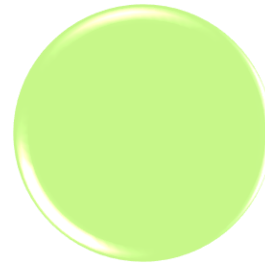
Housing
and Life



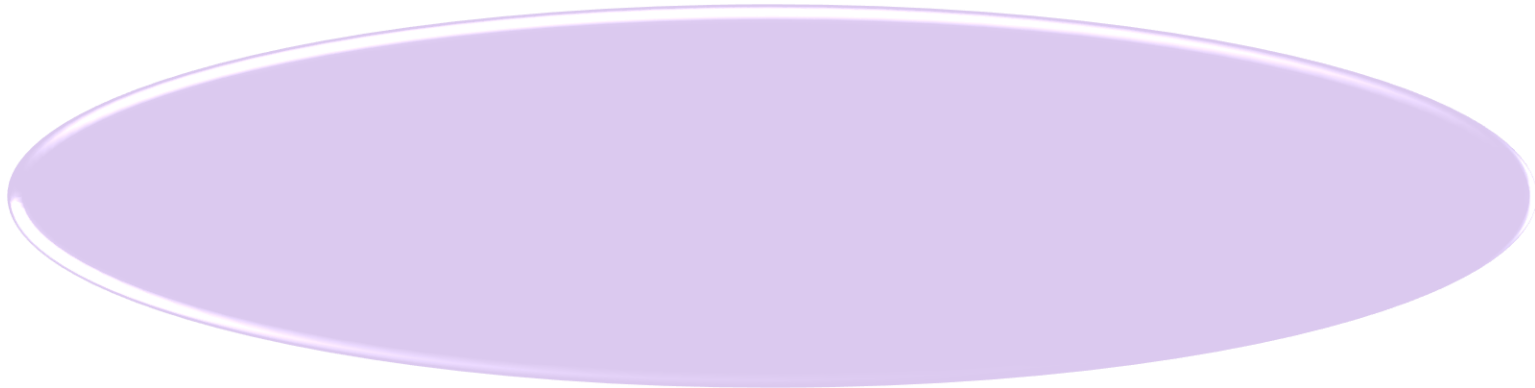
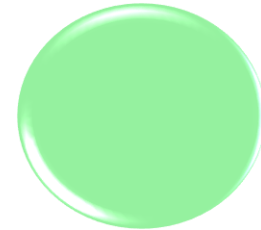
Rights &
Decision
Making



School



Work



Health

School and Health

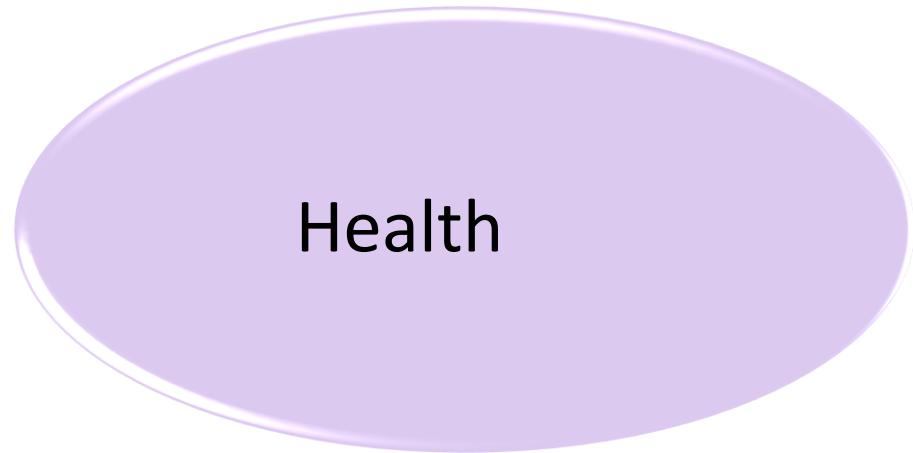
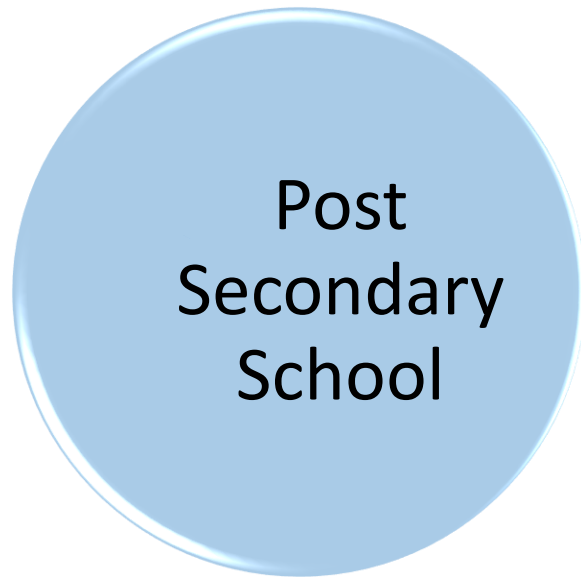


High
School



Health

School and Health



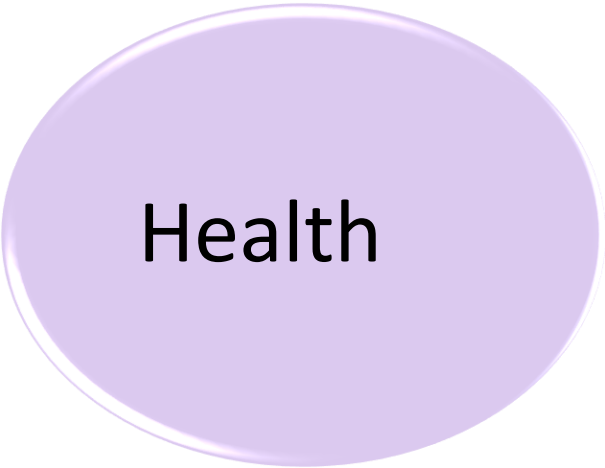
Employment and Health



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.

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

Transition Talks Tuesdays (recorded videos)

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

Transition Resources



– National Resource

www.gottransition.org



HEALTH TRANSITION WISCONSIN

SUPPORTING YOUTH TO ADULT HEALTHCARE



www.healthtransitionwi.org

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

Transition Resources



www.pacer.org



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



Providers and Teens
Communicating for Health

www.patch.org

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



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>

[Supported Decision-Making Training](#) (online)

April 10, 1-4pm from WI BPDD

More Information

Family Voices of Wisconsin

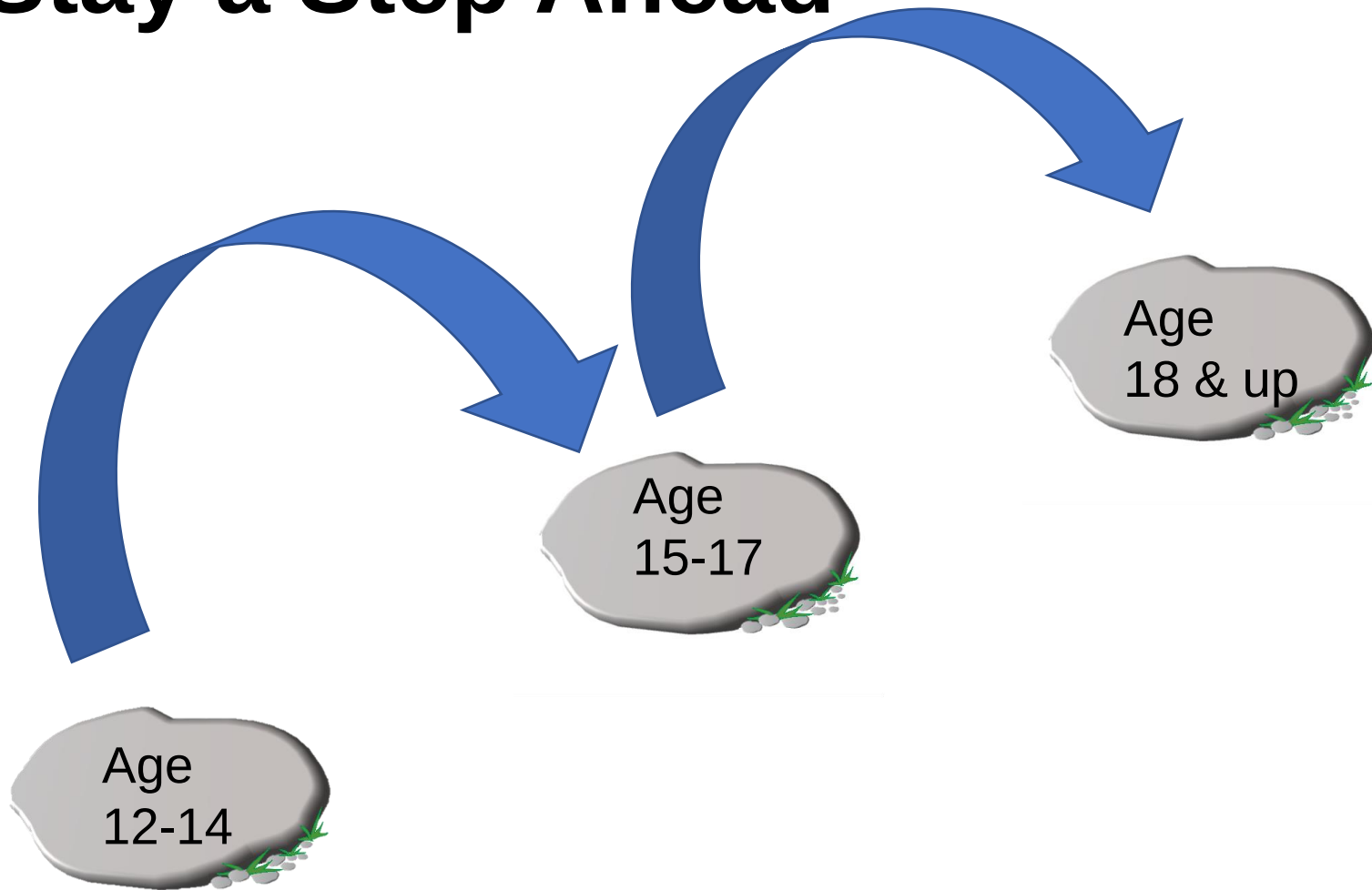
Transition to Adult Life Fact Sheets

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

Wisconsin Integrated Transition Planning Project

<https://integratedtransition.waisman.wisc.edu/>

Stay a Step Ahead



Contact information

Tim Markle
Children's Resource Center-South
608-262-8033
tmarkle@wisc.edu



Thank you!

Short (but very important) evaluation:

https://redcap.wisconsin.gov/surveys/?s=HHPPR93Y4A&session_name=8

