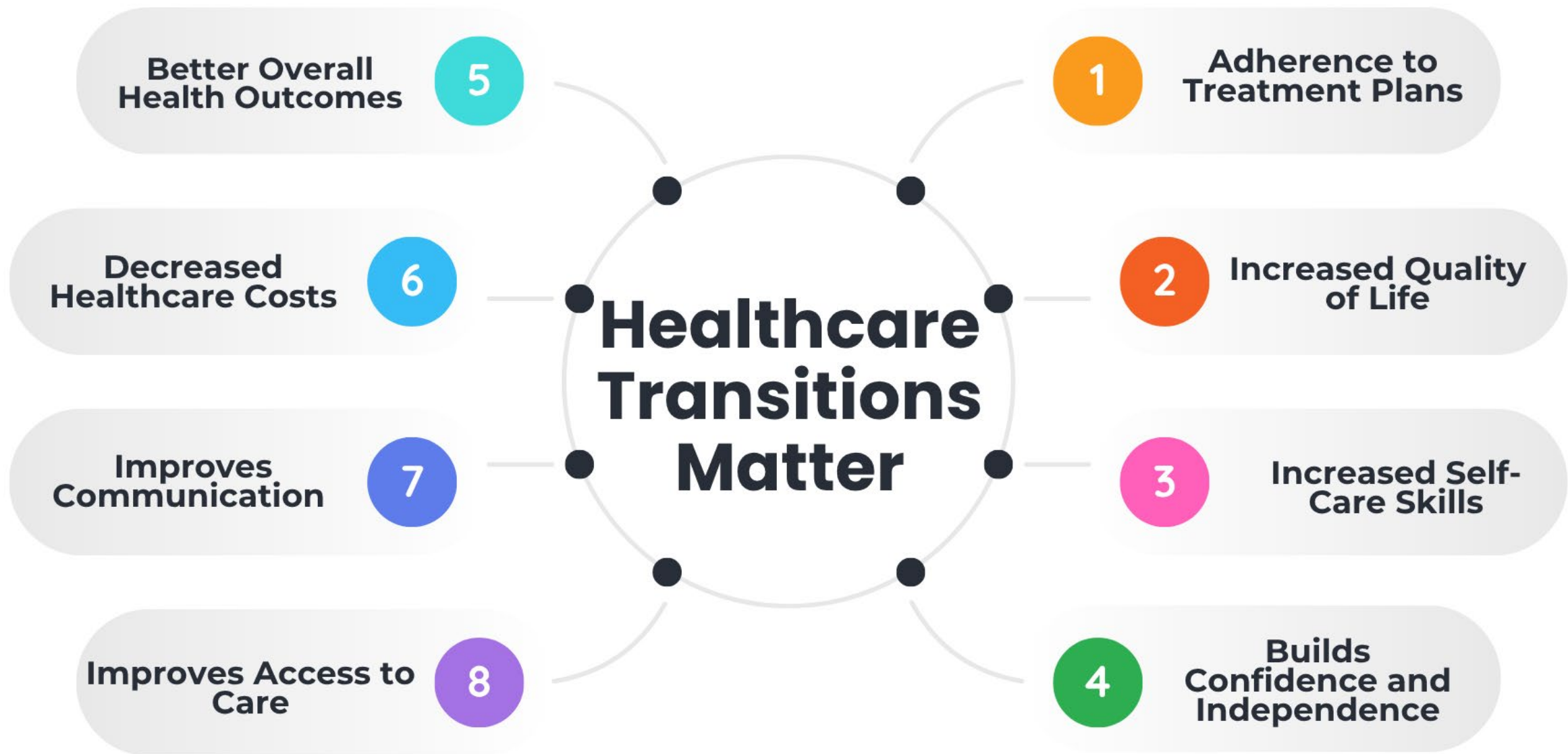
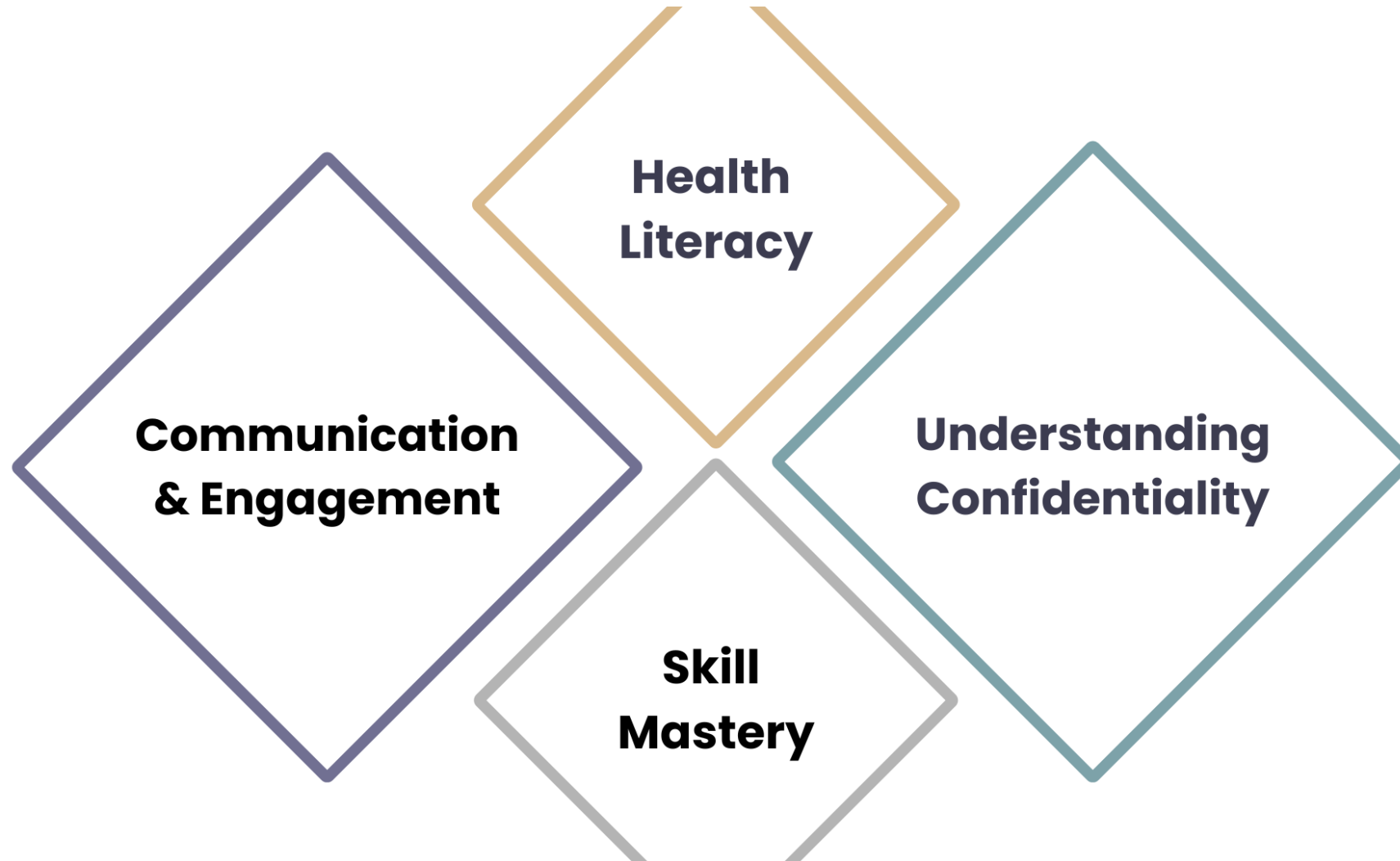


Fostering Independence: Empowering Adolescents Through Healthcare Transitions

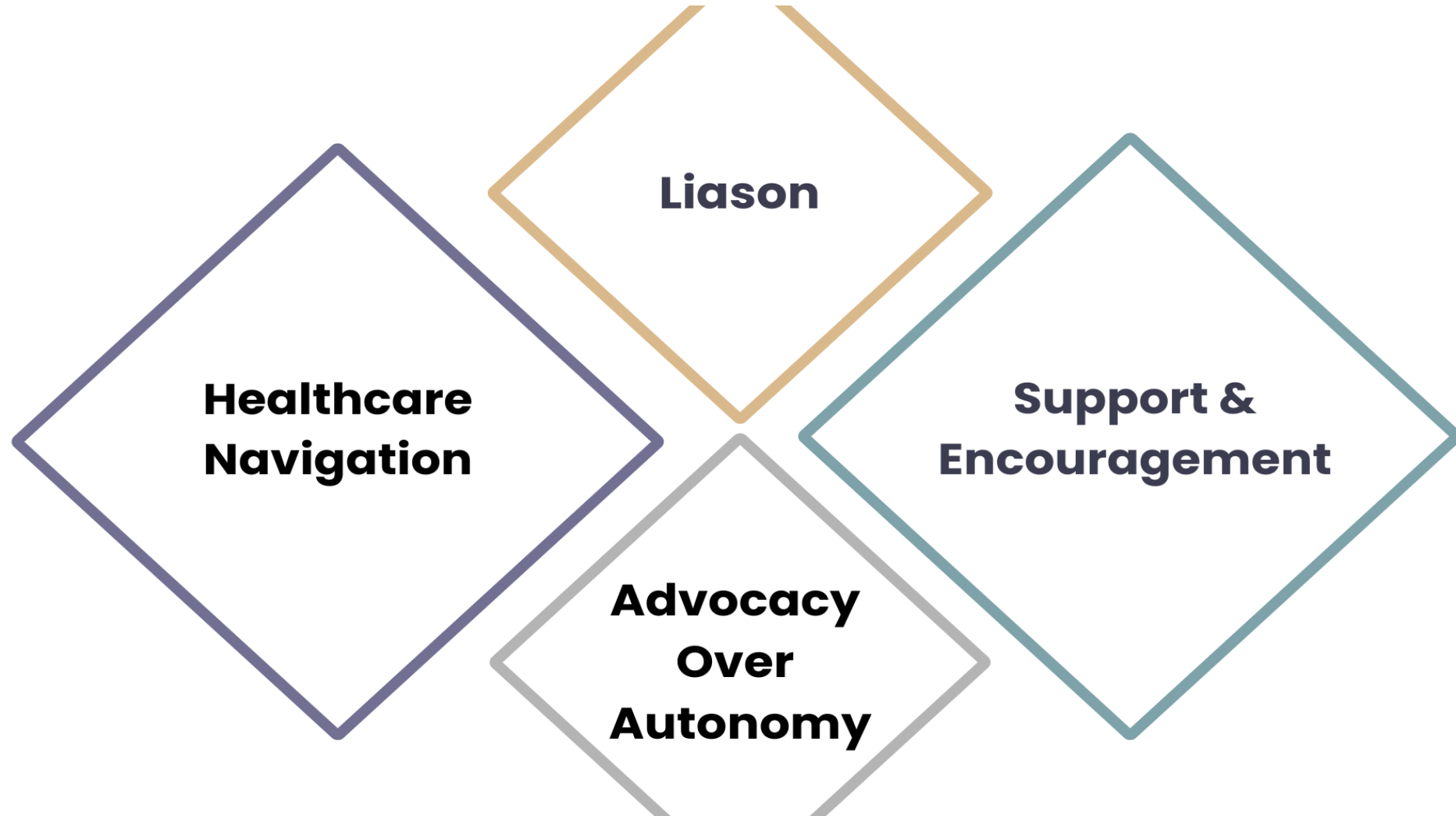
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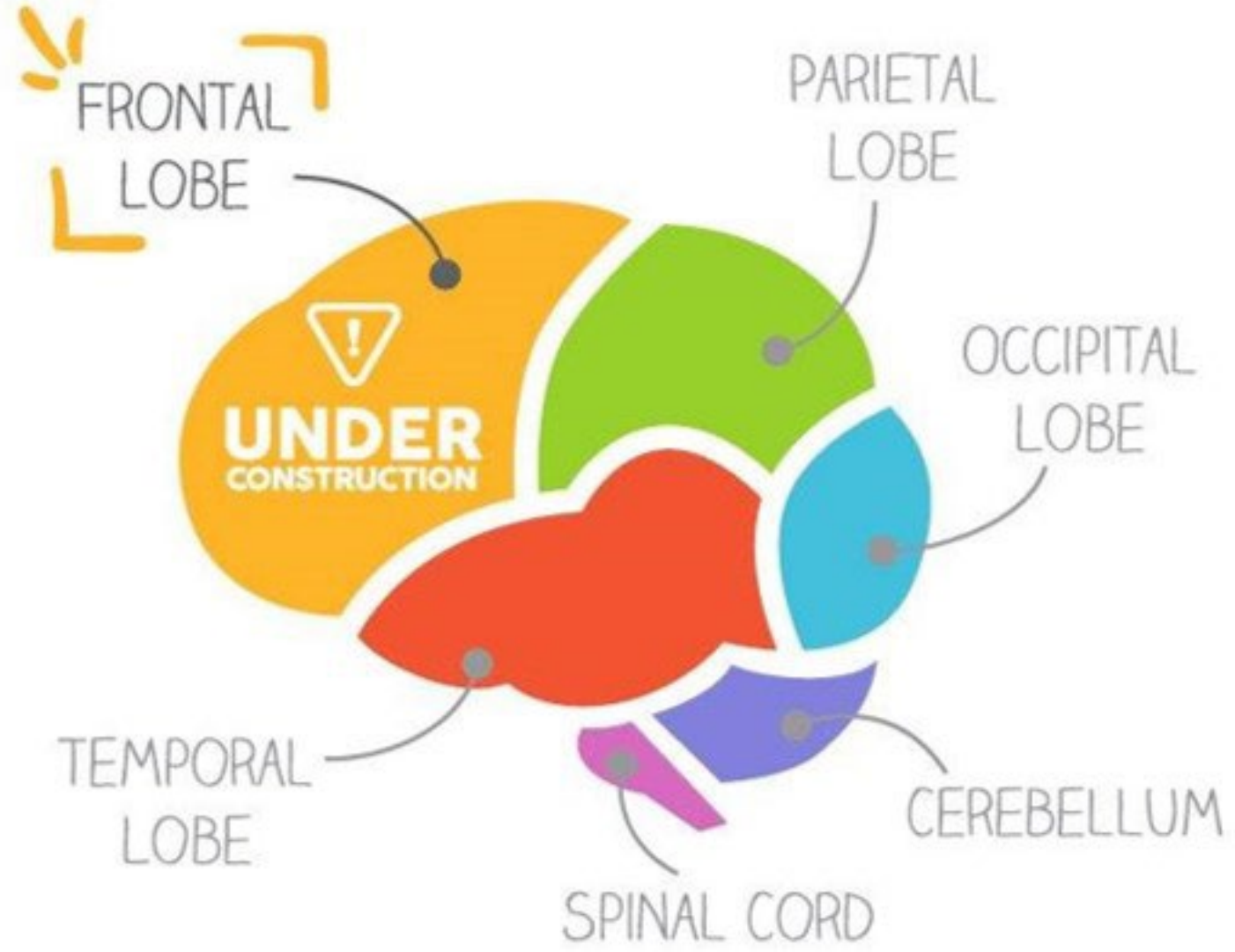


Advocacy & Empowerment



Supporting Advocacy





TRANSITION SPECTRUM

BUILDING INDEPENDENCE

Early Childhood

- Promote Independence
- Discuss the Future
- Talk about health

Age 12-14

- Introduce Healthcare Transition
- Promote Self-Awareness
- Discuss Goals
- Consider Volunteer Work
- Provide Support
- Encourage Questions

Age 15-17

- Assess Transition Readiness
- Skills Practice
- Medication Management
- Discuss Future
- Introduce Healthcare Privacy & Consent
- Guardianship
- Insurance
- Financial Responsibility

Age 18+

- Identified Adult Provider(s)
- Transition to Adult Care



Transition Goals

THREE-SENTENCE
SUMMARY

MEDICAL
HISTORY

MEDICATIONS

ALCOHOL, DRUGS
AND TOBACCO

EMERGENCY CARE &
ASKING FOR HELP

CONTACT
INFORMATION

HEALTH
PASSPORT

PATIENT PORTAL

GUARDIANSHIP
OPTIONS

ADULT PROVIDER

Complex Care Transition Goals

SCHOOL
TRANSITION
PLANNING

ACCESSIBLE
TRANSITION

FINANCIAL
PLANNING

RESIDENTIAL
PLANNING

MEDICAID
WAIVERS

SOCIAL SECURITY
INCOME



Health Literacy

Medical
History

Medication

Alcohol,
Drugs &
Tobacco

Health
Passport

Health Literacy:

Medical History

TRANSITION PROGRAM

Medical History and Condition:

Be able to describe my medical diagnosis and history.

As you get ready to switch to an adult doctor, it is very important to know your medical history and conditions. Be sure you know and tell your adult doctor.

☐ Your medical condition(s): _____

☐ List of your medication(s): _____

Y/N If you've ever spent the night at the hospital.

Y/N If you've had any surgeries, when they were: _____

☐ List of vaccinations you've received: _____

☐ Any allergies you have: _____

You can talk to your current doctor to get this information, or look at your medical history on the patient portal. Keep the information in a place that is easy for you to find.

This is where I will keep my information:



Health Literacy:

Medications

TRANSITION PROGRAM

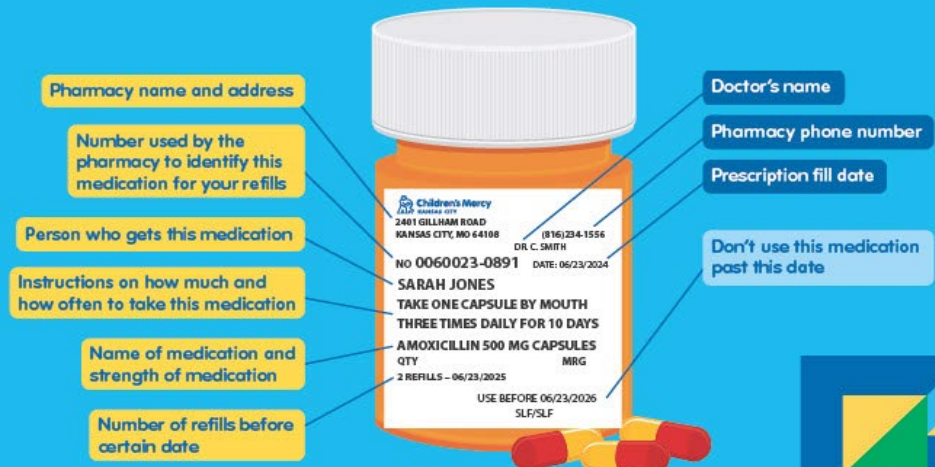
Medications:

Be able to name what medications I take. It is important to give a list to anyone involved in my health care.

Provide an updated list of your medicines to your new doctor(s), school nurse, and college campus health clinic. Make sure you know the following:

- The name of the medicine. (some are brand name, some are generic)
- The dose you take and when you take it.
 - » You can find this on the label of the medication.
 - » You can also ask your caregiver.
- How the medication affects you and your medical condition.
 - » A pharmacist or your doctor would be a good persona to ask how your medication affects your body and medical condition.

UNDERSTANDING YOUR MEDICATION BOTTLES



Health Literacy:

Alcohol, Drugs & Tobacco

TRANSITION PROGRAM

Alcohol, Drugs and Tobacco:

Explain how these could affect my medical problem.

Using drugs, alcohol, or tobacco products can:

- Harm you.
- Make your medical problem worse.
- Change how you react or make decisions leading to car or other accidents.
- Having unsafe sex that can lead to an infection or unplanned pregnancy.
- Changes in your blood sugar (if you take diabetes medicines).
- Breathing problems and damage your lungs if you vape.
- Bad breath and problems with your teeth and mouth.

Talk with your provider about how drugs and alcohol can impact your medical conditions. Only take medications that are prescribed for you. Be sure your provider knows any over-the-counter medications you are taking. Even over the counter medications can cause problems.



Health Literacy:

Health Passport

TRANSITION PROGRAM

My Health Passport:

Create and keep a copy in my wallet
or copy it to my cell phone.

What is a Health Passport?

- Personalized document where you can keep all your medical information.
- Useful for when you go to a new doctor, complete a health form, or visit an emergency room.

Transition Program



Health Passport

Date: _____

Enter Specially Diagonals

Name: _____ DOB: _____

Phone: _____ Email: _____

Insurance: _____

Enter Specially

Office Phone: _____

PCP: _____ Office Phone: _____

Pharmacy: _____ Office Phone: _____

Emergency Contact: _____ Contact Phone: _____

Guardian: _____ Contact Phone: _____

PhotoImage of dx. example

Most previous test results related to dx.

(dx specific test results)

(dx specific test results)

(dx specific test results)

Allergies: _____

Medications: _____

Medical Devices: _____

Company: _____

DME Equipment: _____

Company: _____

Diagnosis-related Labs:

Oxygen: Yes ☐ No ☐ Baseline O2: _____

Activity Restrictions: _____

Pregnancy Considerations: Yes ☐ No ☐ Contraception: _____

Previous Tests/Procedures: _____

Follow-up Appointment Info: _____

**Disclaimer: This document is up to date as of _____

Information is subject to change.

This is what the
Health Passport
looks like. Scan
the QR below to
download the file.





Communication & Engagement

3- Sentence
Summary

Emergency
Care & Asking
for Help

Contact
Information

Patient Portal

Communication & Engagement:

3 Sentence Summary

TRANSITION PROGRAM

3 Sentence Summary:

Create to describe my medical problems to review with my providers.

What is a 3-Sentence Summary?

The My Health 3-Sentence Summary provides some tips on how to describe your health and current needs in about 3 sentences.

This skill is really important when you meet your new adult health care providers or when you don't get to spend too much time with a health care provider. After you give your summary, your provider will typically have questions. This doesn't mean you've forgotten important information; it just means you've given enough information that they can now focus on what's important to you during the appointment.

How Do I Use it?

Sentence 1: My age, diagnosis and brief medical history

Sentence 2: My treatment plan

Sentence 3: My question/concern to talk about during the visit

Example:

1. Hi, my name is Sally Butamol. I am 16 and have asthma. I have been hospitalized twice, but not in the past 5 years.
2. I have been taking Ventolin and Flovent since I was 3.
3. I am here today because I can't run anymore. I wheeze too much and can't breathe.

Now it's your turn:

Practice with the health care providers you see the most.

Ask if your 3-Sentence Summary is correct and includes all the important information.

Sentence 1:	
Sentence 2:	
Sentence 3:	



Communication & Engagement:

Emergency Care/Asking for Help

TRANSITION PROGRAM



Emergency Care and Asking for Help:

Ask my doctor and care givers to give me a list of signs that mean you need a doctor or nurse to check on you.

In Case of Emergency:

- Ask your doctor and care givers to give you a list of signs that mean you need a doctor or nurse to check you. Also, ask what signs show you need emergency care.

Signs that I need to see a doctor:

Signs that I need to seek emergency care:

- Who to call in an emergency:
 - » Make a list of people to call in an emergency and their phone numbers. This may include parent, guardian, sister, brother, doctor, and others:
 - * **iPhone users:** Add these names and phone numbers to your Contact List. Then, click on "Add to Emergency Contacts"
 - * **Android phone users:** Go to the app store and download Medical ID (Free) Contacts. Open the app and add these people.
 - » Scan the QR code for more information on how to add emergency contacts.
 - » Let each person know you list them as an emergency contact.



- Know where there is an emergency room near you. One way is to type in "Emergency Rooms" to Maps or Google Maps. Be ready with this before an emergency starts.
- Practice explaining your health condition. This will help when you feel ill.



Communication & Engagement:

Contact Information

TRANSITION PROGRAM



Contact Information and Insurance:

Keep a list of important contacts. Talk to my parent, guardian or social worker about what I need to do to be sure I have health insurance.

Contacts & Phone Numbers:

- Keep a list of important contacts
 - » **Where?** Keep this in your wallet, phone, or another safe place
 - » **Who?** Doctors, nurses, school nurse, case managers and other important caregivers
- Other tips
 - » Add the phone numbers you need to set up a visit with your doctors.
 - » Remember: Make your doctors and other caregivers contacts in case of emergency.
 - » Put a link to your patient portal in the notes section of your doctor's contact.

Communication & Engagement:

Patient Portal

TRANSITION PROGRAM

Patient Portal:

Enroll and Explore.

The Children's Mercy Patient Portal is an online tool that gives you access to your health information 24 hours a day, 7 days a week. In the portal, you will be able to:

- Reschedule or cancel an appointment
- View lab results
- Send a message to your care providers
- See your medication list
- Download visit summaries
- See your immunization history

You can access your patient portal on the Children's Mercy app or website. There are two ways to sign up for the Patient Portal:

1. Stop at the clinic check-in desk. The Access Rep can help you sign up.
2. Sign up on the Children's Mercy website.
 - Search Patient Portal
 - Click on the blue button – "Fill out the Consent form".
 - You will get an email invitation to connect to the Patient Portal.
 - You must accept within 90 days.
 - Check your email to activate your access.

For more information, call (816) 234-3455 or scan the QR code.



If the young adult is not able to give consent, the legal guardian can register to access the patient portal. Once patients have turned 18 years old, they will need to grant parents/caregivers access to their patient portal. For more information on accessing accounts for patients over the age of 18, scan the QR code.





Understanding Confidentiality

Health
Insurance

Guardianship
& Legal
Decisions

Adult
Providers

Complex
Transition
Goals

Understanding Confidentiality:

Insurance

Insurance:

- It's important to have health insurance. Health care and medicines can cost a lot.
 - » Talk to your parent, guardian, or social worker about what you need to do to be sure you have health insurance.
- People have different ways of paying for their health care and medicine.
 - » Private insurance-such as Blue Cross, Aetna, or Cigna
 - » Public insurance-such as Medicare and Medicaid
- Most people need to change insurance at a certain age.
 - » Medicaid: It usually ends on the 19th birthday
 - » If you are on your parent's insurance: It usually ends on the 26th birthday
 - » Some young adults with special needs may be allowed to stay on their parent's private insurance.
 - » Ask a social worker or the parent's employer to learn more.
 - » Scan the QR code for additional resources to learn more about Medical Insurance Choices for Adults.



Understanding Confidentiality:

Guardianship & Legal Considerations

TRANSITION PROGRAM



Legal:

Be able to describe how my health care decisions will be made (Power of Attorney, Durable Power of Attorney, Supported Decision Making Agreement or Guardianship).

Legal Issues:

- By law, people become adults at age 18.
- Some adults can make their own decisions, but others need help.
- A person they trust can be given the right to make decisions for them. This is called "guardianship."
- If there is no legal plan in place, even the parent of an 18-year-old with special needs may not be allowed to see the health care records of their adult "child."
- For more on this topic:
 - » Ask a social worker for help.
 - » Work with an agency or a lawyer that helps families make these legal plans.
 - » To see Children's Mercy's "Transition to Adulthood" webpage, scan the QR code.



Key Legal Words to Ask About:

- Power of Attorney
- Durable Power of Attorney
- Supported Decision Making Agreement
- Full or Limited Guardianship

Understanding Confidentiality:

Adult Providers

Adult Provider:

Work with my team to find and contact a new adult provider.

As you get older, you will need to transition from your pediatric doctors. You will need to find new doctors who care for adults. You will need a primary care doctor, specialty care doctors and mental health providers.

- Ask your pediatric doctors whom they suggest.
- You can also ask friends and family.
- You can search the Internet to find adult doctors.
- Children's Mercy also has a list of adult doctors on our website.
- Don't forget to check with your insurance to see if it will cover your new doctor.

Remember, you may need to visit more than one doctor before you find the best one for you. Scan the QR code for more information.

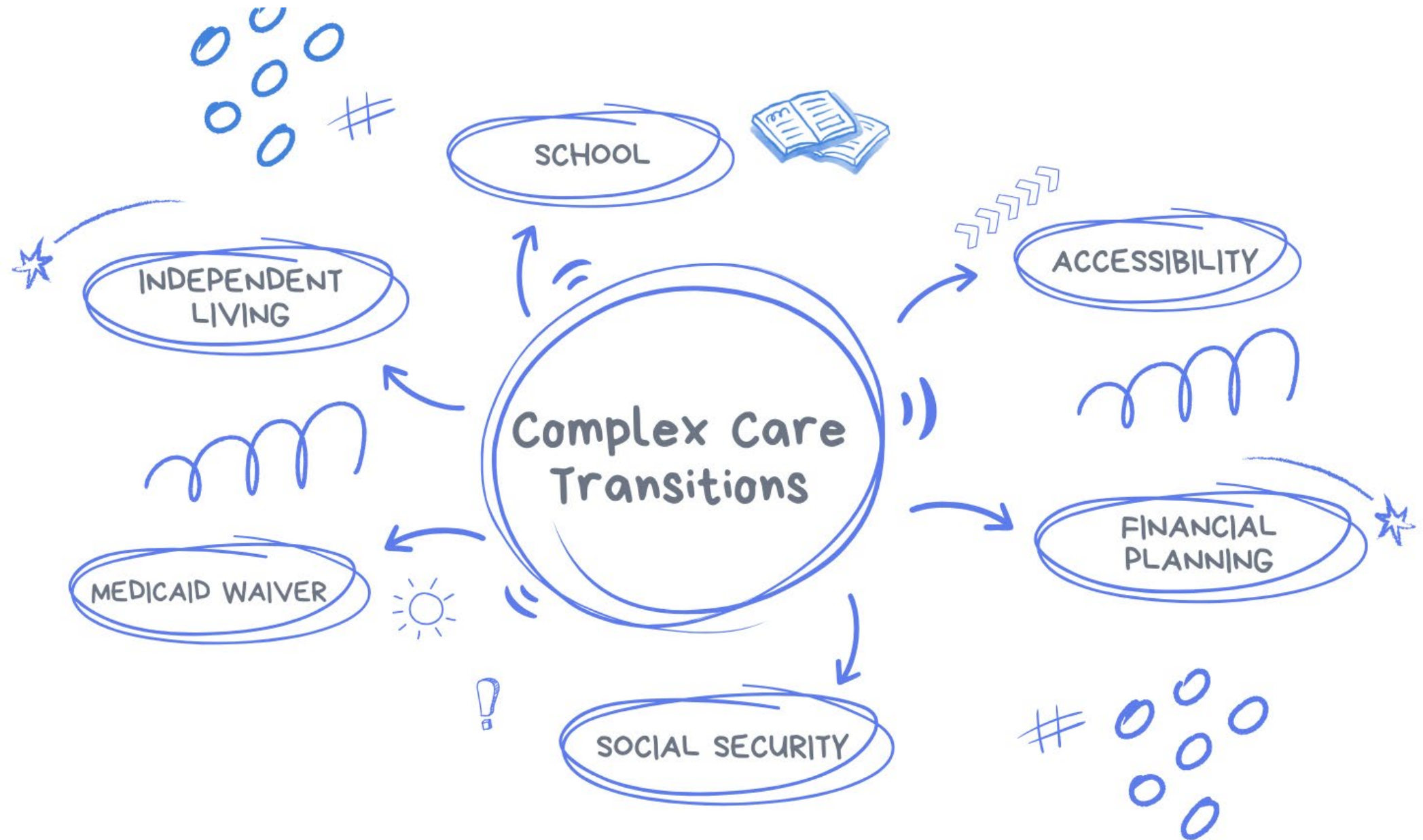


Questions for a new adult medical provider:

1. Do you have experience with my medical condition?
2. Can I get an appointment quickly if I am sick?
3. How long does it take to get a routine appointment?
4. Is there a fee for a missed appointment?
5. Will you remind me of my appointment?
6. Who covers for the doctor when they are away?
7. How quickly will you return my call?
8. Do you have a patient portal?
9. Is clinic staff available after hours?

Tips for preparing for the first medical appointment:

1. Write Down: questions you have for your new doctor
2. Keep: List of medications, take a picture of pill bottles on your phone
3. Enter your new doctor's contact information in your cell phone
4. Keep: a copy of your health insurance card and photo ID in your wallet
5. Keep: a copy of your medical summary from your pediatric provider
6. Find Out: where to go in case of an emergency
7. Sign Up: for new patient portal





Available Resources

- Children's Mercy Transition to Adulthood Page
- Got Transition
- Building a Life
- Children's Mercy Beacon Program



Thank you!

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