

Transition to Adulthood: a Framework and Resource Guide

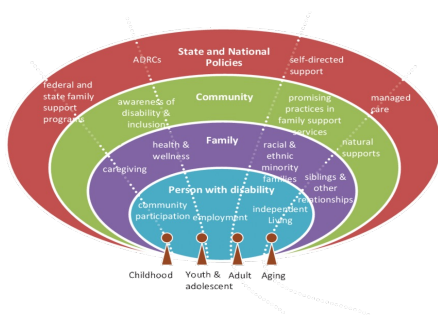
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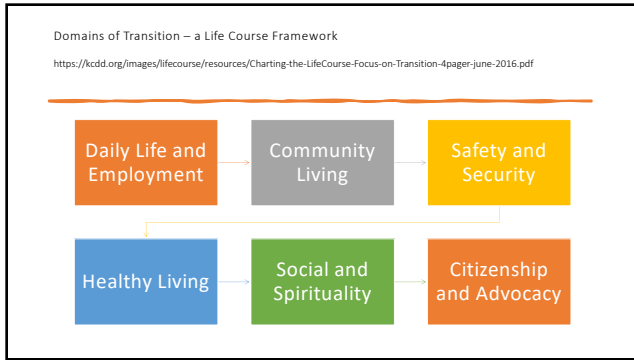
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Daily Living
and
Employment

- Transition to adult life typically involves a huge transition from school to further education or to employment
- For many youth, school offers an important structure and a lot of support
- Individualized planning is critically important
- In preparation for 'after school', important tasks may include volunteering, communication, routines and life skills

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Critical
questions to
ask

- Is there a realistic plan for transition from school to adult life?
- Is college an option?
 - Visits
 - Scholarships
- Is there a plan for work and/or volunteer experience that may prepare for work?
- What about daily living and independence skills that prepare for independence?
 - Meal prep, laundry, etc.

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Employment,
education,
and daily
living

- Consider where and how an individual may learn and improve employment skills
 - What is the individual's preference, if any, for along term career?
 - What supports, including assistive technology, may be needed for success?
 - Does the individual have preferences or skills that may lead to education?

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Community
living –
where and
how
someone
lives

- Options for living
 - Continuing to live with parents
 - Own/rent/be supported in independent living
 - College living
 - Roommates
 - Staff
 - Accessibility and transportation – does the individual have the skills to drive, to use public transportation, find their way around on foot?
 - Needed technology or home modifications

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Safety and
security

Self protection in new situations

Managing bullying and victimization

Money management – debit cards, shared bank accounts, automatic bill pay

Public safety issues, including interacting with law enforcement – safety drills

Guardianship, power of attorney, decision making

Money management, supported decision making, special needs trusts

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Healthy living

- Transition to adult health care
 - Finding a physician/clinician who can work with adults
 - Health insurance related issues, including Medicaid/Medicare
- Puberty, sexuality, birth control, reproductive health
- Disability related considerations, including accommodations, communication about a disability to others and financial assistance
- Involvement in physical activities, guidance on eating well, technology related issues, including using tech to monitor exercise, sleep, etc.

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Social and Spirituality

- Opportunities to make friends and build relationships
- Use of social media
- Dating, sex and intimacy, sexuality and boundaries
- Leisure activities, including clubs and sports
 - Special Olympics and other opportunities
- Faith community

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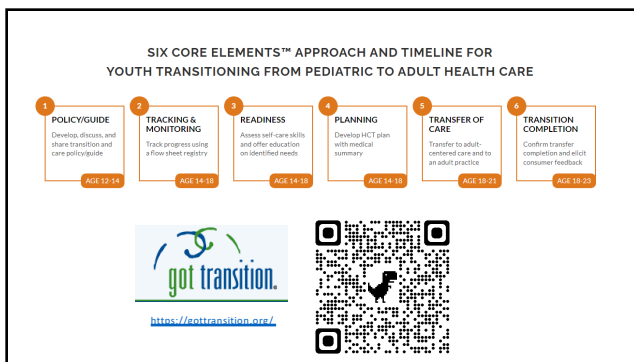
Citizenship and advocacy

- Appropriate independence and decision making for young adults
- Increasing involvement in planning meetings
- Involvement in self advocacy
- How to support choices that are the individual's choices
- Family support
- Voting and volunteering

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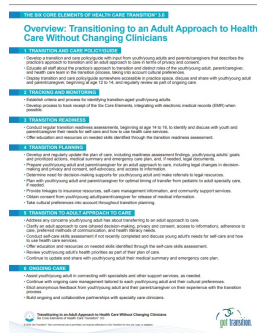
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The image shows two sample forms from the "got transition." toolkit. The left form is the "Sample Transition and Care PolicyGuide" and the right form is the "Sample Transition Readiness Assessment for Youth". Both forms include sections for patient information, assessment questions, and a table for tracking progress.

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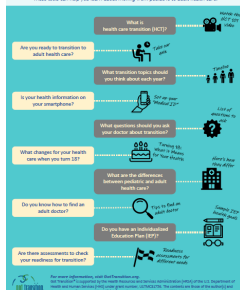
Integrating Adult Care

- Resources for FM/Med-Peds
- Help youth understand changes in their care as adults
- Work to transition gradually
- Transition specialists
- Provide ongoing care



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Youth, young adults, and families: Do you want to learn about transitioning to adult health care?



Let the Poster Talk!

- Kids and Parents want info!
- Help smooth a tough transition.
- Make it an ongoing conversation.
- Don't drop the bomb!
- Don't cut ties completely but do set boundaries.

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Questions?

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Resources
