Transition to Adulthood: a Framework and Resource Guide
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Domains of Transition – a Life Course Framework

Daily Life and Employment – Community Living – Safety and Security
Healthy Living – Social and Spirituality – Citizenship and Advocacy

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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.
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 long term career?
- What supports, including assistive technology, may be needed for success?
- Does the individual have preferences or skills that may lead to education?

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

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
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.

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

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
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

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.

Questions?