



# Understanding Health Care Transition

## A Health Care Transition EZ-Reader



**Department of  
Developmental  
Disabilities**



**UCCEDD**  
University of Cincinnati Center for  
Excellence in Developmental Disabilities

## What Is This?

This is one in a series of 6 booklets. They are meant to help you learn about moving to adult healthcare and healthy living.

This EZ-Reader, **Understanding Health Care Transition**, is to help you learn about the different kinds of doctors you see now or might see as you get older. It is meant to help you understand what each kind of doctor or health care worker can do for you.

## How to Use the EZ-Reader



EZ-Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.

## When You Are Young



When you are young, your parents take care of many things.



Parents help and decide things for you.



Parents decide things about your health care.

## Health Care When You Are Young



When you are a child, your parents take care of your health care.



Parents schedule appointments with doctors and other specialists.



Parents pay for your health care.

## What Do I Need to Know?



When you are a child, your parents make decisions about your health care.



Parents might decide if you have surgery or take a certain medicine.



Your parents might talk to your doctor for you.

## What Is Health Care Transition?



As you get older, you start doing more things for yourself.



You can start to take charge of your own health care.



Taking charge of your own health care is called health care transition.

## What Does Transition Mean?



Transition is a word that means changing from one thing to another.



Health care transition means moving from childhood health care to adult health care.



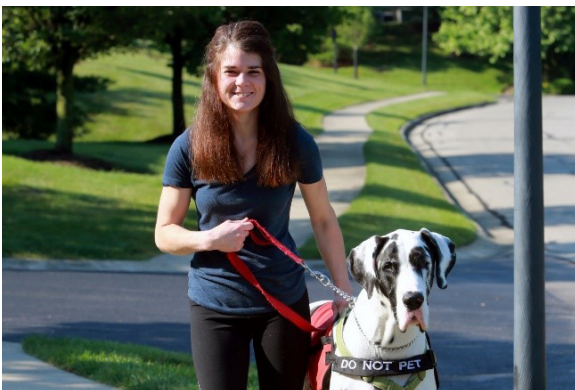
This can look different based on your abilities.



## What Do I Need to Know?



Managing your health and wellness is an important part of becoming an adult.



It is a big step in living the life that you want.



As an adult, you might do everything for your health, or just some things.

## How Will It Be Different?



As a child, you see a doctor who takes care of children. They are called a pediatrician.



As an adult, you will need to see a new doctor who takes care of adults.



Adult doctors may see you in a new office, too.

## What Else Will Be Different?



As a child, your parents come with you to see the doctor.



When you are an adult, you can see the doctor by yourself.



You can invite other people to come with you to see the doctor.

## Other Things I Will Do



You can talk to the doctor by yourself.



You can decide things about your health care.



You can ask your parents or others for help with your health care.

## What Can I Do Now?



What can you do to get ready for this change?



Talk to your parents about how you can do more health care tasks.



Ask questions about your health care at doctor appointments.

## Resources

### ***Charting the LifeCourse Life Stage Quick Guide: Transition to Adulthood***

[www.lifecoursetools.com/lifecourse-library/exploring-the-life-stages/](http://www.lifecoursetools.com/lifecourse-library/exploring-the-life-stages/)

### ***Charting the LifeCourse Person Centered Trajectory for Exploring***

Use to help you think about what you want your adult life to look like, as well as what you don't want.

[www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/](http://www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/)

### ***Got Transition for Parents and Caregivers: What is Health Care Transition***

Includes tools, resources and frequently asked questions.

[www.gottransition.org/parents-caregivers](http://www.gottransition.org/parents-caregivers)

### ***Got Transition Infographic***

Clickable one page infographic that includes links to handouts, videos and quizzes to help youth and families learn about health care transition.

[www.gottransition.org/resource/youth-families-infographic](http://www.gottransition.org/resource/youth-families-infographic)

### ***Got Transition Video – What is Health Care Transition?***

[www.gottransition.org/resource/what-is-hct](http://www.gottransition.org/resource/what-is-hct)

# Understanding Health Care Transition

---

## A Health Care Transition EZ-Reader



**Department of  
Developmental  
Disabilities**



**UCCEDD**  
University of Cincinnati Center for  
Excellence in Developmental Disabilities



**LifeCourse Nexus**

Training and Technical Assistance Center  
UMKC Institute for Human Development • UCEDD