

Understanding Health Care Transition



Facilitator Guide

Understanding Health Care Transition Facilitator Guide

Training Description

This training will discuss transitioning from youth health care to adult health care. There are things that are the same and things that are different. In adult health care, you may need to see different doctors and you can be in charge of your own care. This training goes along with the EZ-Reader *Understanding Health Care Transition*.

Audience

Young people transitioning into adulthood.

Time

30 minutes

Materials

To facilitate this training, you will need:

- PowerPoint presentation
- Facilitator Guide
- Computer
- Projector (if in person)
- Audio
- EZ-Reader
- Worksheets (see appendix)
- Chart paper
- Sticky notes
- Markers, highlighters, pens and pencils

Learning Objectives

The participants will:

1. Define the difference between childhood and adult health care
2. Identify ways to transition to adult health care
3. Create a transition plan for adult health care

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Facilitator Notes

This training is scripted with additional ways you can engage participants. Please review this Facilitator Guide and the notes section of the PowerPoint before you begin the training. This training can be presented by a trainer or co-trainers. There will be opportunities for an additional trainer or a person with lived experience to share their experiences throughout the training.

Vocabulary on the Facilitator Guide:

- **Read Slide**—read word for word from the slide.
- **SAY**—read the script provided (sentences are not on the slide—they are available for extra ways to discuss the slide)
- **ASK**—read the scripted questions (additional ways to engage the participants added if no response)
- Person with lived experience—self-advocate or family member

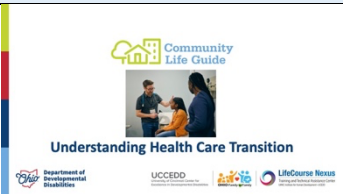
Key Words

Health Care Transition—taking charge of your own health care as you move from childhood health care to adult health care.

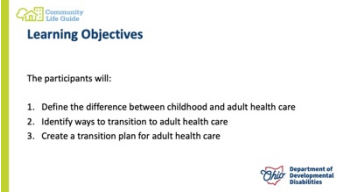


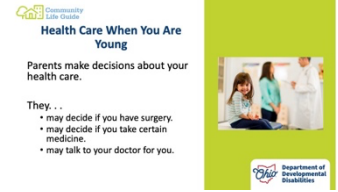
Transition—moving or changing from one thing to another.

Pediatrician—a doctor who takes care of children.


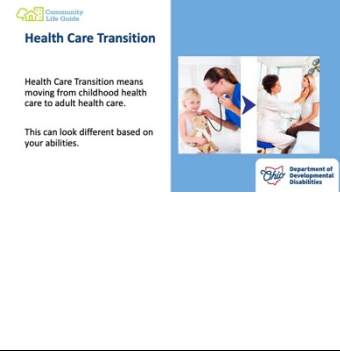

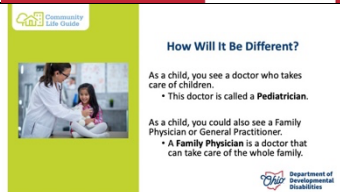
Family Physician—a doctor who takes care of the whole family.

Discussion Points and Learning Activity	Materials/Slides	Co-trainer or Person with Lived Experience
Section 1 – Introduction 1-2 minutes		
<p>SAY: This training will discuss Transitioning to Adult Health Care. We will refer to the EZ-Reader <i>Understanding Health Care Transition</i> throughout the training. A learning activity will be completed in the training. Please ask questions as we go through.</p>		

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Discussion Points and Learning Activity	Materials/Slides	Co-trainer or Person with Lived Experience
<p>SAY: In the training today, we will talk about:</p> <ul style="list-style-type: none"> • The difference between childhood and adult health care. • Ways to transition from childhood to adult health care. • How to set goals for your health care as an adult. <p>SAY: This looks differently for many people.</p>	 <p>Learning Objectives</p> <p>The participants will:</p> <ol style="list-style-type: none"> 1. Define the difference between childhood and adult health care 2. Identify ways to transition to adult health care 3. Create a transition plan for adult health care 	
<p>Section 2 – Transitioning to Adult Health Care 2-3 minutes</p>		
<p>SAY: Parents help and decide things for you.</p> <p>ASK: What are ways your parents take care of you? (ex. below)</p> <ul style="list-style-type: none"> • Make dinner • Teach me how to build . . . • Take me to doctor appointments 	 <p>When You Are Young</p> <p>Parents take care of many things. What are some things parents do?</p>	<p>Share ways your parents may have helped you to get conversation going.</p>
<p>Read Slide</p>	 <p>Health Care When You Are Young</p> <p>Your parents take care of your health care.</p> <p>They . . .</p> <ul style="list-style-type: none"> • schedule appointments with doctors and other specialists. • pay for your health care. 	
<p>Read Slide</p> <p>ASK: What are other decisions your parents make about your health care? (ex. below)</p> <ul style="list-style-type: none"> • Do I need braces? • Do I need glasses? • Do I need to take vitamins? 	 <p>Health Care When You Are Young</p> <p>Parents make decisions about your health care.</p> <p>They . . .</p> <ul style="list-style-type: none"> • may decide if you have surgery. • may decide if you take certain medicine. • may talk to your doctor for you. 	

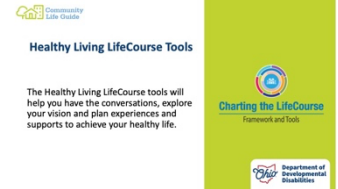

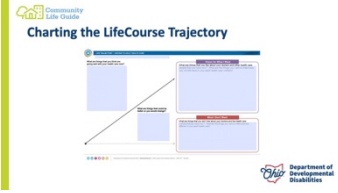
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Section 3 – Health Care Transition 5-7 minutes		
<p>SAY: As you get older, you can start to take charge of your own health care. This is called Health Care Transition.</p>		
<p>SAY: Transition is a word that means changing from one thing to another.</p> <p>SAY: As you grow, you transition from childhood to adulthood.</p> <p>Read Slide</p> <p>Facilitator Notes <i>Point out different images</i></p>		
<p>Read Slide</p> <p>SAY: Managing your health and wellness can be a big step in living the life that you want.</p>		
<p>Read Slide</p>		

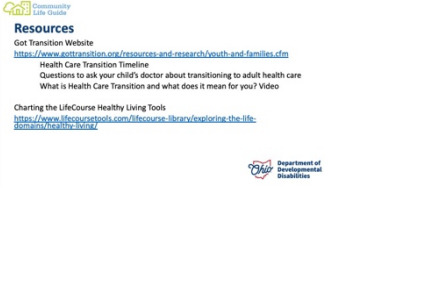

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<p>Read Slide</p> <p>SAY: That means you will leave your pediatrician and go to a different doctor. Or, if you see a family doctor, you will just need to talk to the doctor about how you can change your health care to adult health care.</p>		
<p>Read Slide</p> <p>SAY: As an adult, you can decide things about your health care. You can talk to and ask other people for help with your health care.</p>		
<p>SAY: This is a video to help you make the transition from childhood to adult health care. (2:30)</p>		
<p>Section 4 – Learning Activity 15-20 minutes</p>		
<p>SAY: There are many resources you can review that will help you talk with your parents about what you should be doing now.</p> <p>SAY: Check out the resources at the end of this training.</p>		

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<p>SAY: Charting the LifeCourse is a framework and set of tools that can help you organize your ideas, vision and goals. Living a healthy life and keeping your body in good working order can take some planning and effort.</p> <p>Read Slide</p>		
<p>ASK: What kinds of things do you want for YOUR good life?</p> <p>SAY: A TRAJECTORY is a path that will either lead you toward the good life or toward things you don't want. A trajectory isn't always straight. A VISION and TRAJECTORY can be very broad or very specific, and time limited.</p>		<p>Share examples listed in the purple and blue bubbles. Give additional examples.</p>
<p>Facilitator Notes:</p> <p><i>The participants can complete the trajectory in a small group or whole group to practice. Ideas can be shared, or you can discuss a scenario to have participants create a Health Care trajectory. Read through each section and give ideas.</i></p> <ul style="list-style-type: none"> • <i>What are things that you think are going well with your health care now?</i> • <i>What are things that could be better, or you would change?</i> • <i>What are things that you like about your doctors and other health care people that you have now?</i> • <i>What are the things you want to make sure you will still have in your adult health care workers?</i> • <i>What are things that you don't like about your doctors and the health care workers that you have now?</i> 		

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<ul style="list-style-type: none"> What are the things you want to make sure are different in your adult health care? 		
<p>SAY: These resources were used to create this training. It is important to understand how to transition to adult health care. Understanding what you need to do when talking with doctors about your health care. This training goes along with the EZ Reader <i>Understand Health Care Transition</i>.</p> <p>Thank you for joining us.</p>	 <p>Community Life Guide Resources Got Transition Website https://www.gottransition.org/resources-and-research/youth-and-families.cfm Health Care Transition Timeline Questions to ask your child's doctor about transitioning to adult health care What is Health Care Transition and what does it mean for you? Video Charting the LifeCourse Healthy Living Tools https://www.lifeoursetools.com/lifeourse-library/exploring-the-life-course/healthy-living</p> <p>Department of Developmental Disabilities</p>	
	 <p>Community Life Guide A Project of: Department of Developmental Disabilities UCCEDD LifeCourse Nexus</p>	

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What are things that you think are going well with your health care now?

What are things that could be better or you would change?

Vision for What I Want

What are things that you like about your doctors and other health care people that you have now? What are the things you want to make sure you will still have in your adult health care workers?

What I Don't Want

What are things that you don't like about your doctors and the health care workers that you have now? What are the things you want to make sure are different in your adult health care?



