



Shriners Hospitals for Children Twin Cities



Guidelines towards **Transition**

Transition is the passage or movement from one condition or place to another.

The goal of transition is to provide families, of children with special healthcare needs, with a guideline of age-specific activities that support successful transition to adulthood. These goals include:

- ◆ education
- ◆ vocation (employment)
- ◆ independent living
- ◆ self-advocacy
- ◆ self care
- ◆ and a connection with adult healthcare providers.

The staff at Shriners Hospitals for Children-Twin Cities is committed to provide guidance and support for your child/young adult, as they develop the desire and ability to care for themselves. This can be accomplished through learning the necessary skills to support this desire for a successful transition to adulthood.

Families are an important factor in transition, as you are your child/young adult's main support and advocate and you have the ability to help create the desire in your child/young adult to want to move forward toward independence.

Transition Issues

The transition discussions offered at Shriners Hospitals for Children-Twin Cities will include:

- ◆ Social Relationships
 - Peer groups
 - Culture
 - Sexuality
 - Leisure/recreational activities

- ◆ Independent Living
 - Health insurance
 - Transportation
 - Best living situation
 - Safety/injury prevention
- ◆ Vocational Needs
 - Department of Vocational Rehabilitation
 - High school
 - College
- ◆ Medical Needs
 - Chronic illness/specialist care
 - Primary health care
 - Emergency plans
 - Compliance with medical treatment

A guideline has been included to give families an idea of some of the tasks and activities that will help in transitioning your child/young adult to independence.

The transition plan at Shriners Hospitals for Children-Twin Cities begins at age 14, with an introduction to the program. When your child is 16 years old, you will meet with our Transition Coordinator who will begin a more detailed, individualized plan.

This plan will be ongoing until your child/young adult is ready for discharge from Shriners Hospital and moves into a successful transition to adulthood.



Questions?

If you have questions or require more information please contact Lourdes Talan, Transition Coordinator at 612-596-6127.

Age-Specific Transition Guidelines/Activities

Birth to 3 years old	<ul style="list-style-type: none"> ▪ Encourage children to help with activities ▪ Do not do for them what they can do for themselves
3-5 years old	Assign appropriate household chores
6-8 years old	Help children interact with others in various settings
8-10 years old	Ask children “What do you want to be when you grow up?”
10-12 years old	<ul style="list-style-type: none"> ▪ Talk to children about their interests and abilities and how their levels of abilities affect their career choices ▪ Find out about the school system’s school-to-work program
12 years old	Help adolescents focus on talents, likes, personality traits, supports, and challenges to develop self-awareness as they look toward their future
12-13 years old	Help young teens find small paying or volunteer jobs
13-14 years old	Get written information about the teen’s state vocational rehabilitation program and school-based transition program
14 years old	<ul style="list-style-type: none"> ▪ Make a transition plan for adult living including health services ▪ Find out about school’s IEP ▪ Help teen and family develop independence in care for self, taking medications, teamwork and expressing confidence ▪ Young person should learn about disclosing information and advocating for their needs
14-18 years old	<ul style="list-style-type: none"> ▪ Ask about adult plans and what will make these plans happen ▪ Encourage teen to contact Vocational Rehabilitation ▪ Young person should know about body changes and how the disability will affect future health, vocational choices, marriage and children ▪ Young adult should apply for SSI and Medicaid benefits at age 18 if appropriate
One year prior to leaving pediatric provider (usually from age 16 to 20)	<ul style="list-style-type: none"> ▪ Assist the adolescent in finding an adult healthcare provider and transferring medical information to this provider ▪ Assist the adolescent in understanding insurance options (Medicaid, private insurance, parental insurance) ▪ Young person should see both the pediatric and the adult provider for one year to help with continuity of care

Blomquist K, Brown G, Peersen A, Presler E. (1998) Transitioning to Independence: Challenges for young people with disabilities and their caregivers. *Orthopedic Nursing*, 17, 27-35.