

# TIPS FOR KIDS AND/OR TEENS

## WHAT IS TRANSITION?

- “Transition” is all about learning how to manage your mental health and chronic illnesses so that, when the times comes, you can successfully “graduate” pediatrics and move on to the adult care
- Becoming an adult is an exciting thing as it comes with a lot of great privileges but...It also comes with more responsibility.
- Your parents and medical team will be here to help you learn the ropes of managing your health. The goal is to start early and learn a little bit at a time, so it doesn’t feel too overwhelming.



## WHAT'S IN IT FOR ME?

These are just a few of the benefits you will get from transition:

- You will get treated more like an adult and have more of a say in your healthcare.
- Your doctors will want to know that YOU think and what matters to YOU.
- You will have the privacy to ask the questions YOU want to ask or talk about what YOU want.
- You will learn more about your illness and how it might affect you in the future, such as going away to college, getting a job, or starting a family.
- You will learn how to manage things slowly over time so that when you become an adult, you will be confident in your ability to manage your care.
- You will have the information you need so can worry less about what comes next, such as finding an adult doctor or figuring out insurance.

## WHAT CAN I EXPECT?

- Between the ages of 12 and 14, you will learn about your diagnosis, medical treatment/prescriptions, and the importance of taking your medication.
- You may also start to spend part of your clinic visit alone with your doctor so you can have experience answering questions on your own. This will also give you the chance to discuss things in private.
- As you get older, you will learn about more “advanced topics,” such as how to schedule appointments, reach out to your health care team, and how health insurance works.
- Over time, you will develop the skills you need to manage your health independently.

## RESOURCES

<https://www.gottransition.org/youthfamilies/index.cfm>

Are you ready to transition to adult care? Take the quiz! <https://www.gottransition.org/youthfamilies/HCTquiz.cfm>

For additional information, contact your medical team. Ask them what you can start doing now to help prepare for your future.