



Health, Health Transition and the Medical Home
Exploring Resources to Support Successful Health Transition
Session Worksheet #2
K. Edwards MD MPH

This exercise will allow you to explore resources that support youth, young adults, and families in health transition and in supporting self-advocacy and self-direction and to consider the role of non-primary care health providers, educators, advocates, and family members in supporting successful health transition.

- Taking Charge of My Health (Website created at WIHD with support from the Special Hope Foundation) <http://www.takingchargeofmyhealth.org>
- Transition to Adulthood: A Health Care Guide for Youth and Families (Created in 2014 by the Autistic Self-Advocacy Network-ASAN) <http://autisticadvocacy.org/wp-content/uploads/2014/07/ASAN-healthcare-toolkit-final.pdf>
- New York State Department of Health Transition Resources page <http://www.ct.gov/dph/cwp/view.asp?a=3138&q=432684>
- New York State Institute for Health Transition Training for Youth with Developmental Disabilities <http://healthytransitionsny.org/>

Groups will consider the cases (next page) in the order listed below as time allows.

After discussion in groups, there will be a short time to share findings with the large group:

- Useful resources that you might apply in your work with children, teens, and families
- The role of non-primary care health providers, educators, advocates, and family members in supporting successful health transition.

Joey, Martin, Ms. Jones, Heather

Use “Taking Charge” to identify resources for each situation

Group 1: Joey ► Martin ► Ms. Jones ► Heather

Group 2: Martin ► Ms. Jones ► Heather ► Joey

Group 3: Ms. Jones ► Heather ► Joey ► Martin

Group 4: Heather ► Joey ► Martin ► Ms. Jones

Cases are on the next page



Cases for Discussion

Group 1: Joey ► Martin ► Ms. Jones ► Heather

Group 2: Martin ► Ms. Jones ► Heather ► Joey

Group 3: Ms. Jones ► Heather ► Joey ► Martin

Group 4: Heather ► Joey ► Martin ► Ms. Jones

- **Joey:** You are a 20 year old young man with ASD, I/DD and asthma. You get your health care at a family medicine practice where you have been seen since you can remember. You don't want to change primary doctors since you have established a good relationship with your current doctor. You are looking for information and support on taking more responsibility for your health and moving on to an adult-type relationship with your physician. Use the listed links to find resources.
- **Martin:** Your 19 year old sister with cerebral palsy and I/DD needs support making a plan for transitioning from her pediatrician to the nurse practitioner she has identified as a primary care provider. You really don't know much about health care transition. Use the listed links to locate a "checklist" resource that can guide you supporting her.
- **Ms. Jones:** Your 21 year old daughter with Down Syndrome continues to go to her pediatrician for primary care and illness visits. You have been hesitant to encourage her and support her in transitioning her care to an internist in the same practice, but you want to learn as much as you can before embarking on this change. Use the listed links to gain confidence and courage in taking the next step with your daughter.
- **Heather** the Health Care Provider (?discipline?): You are seeing Rasheed, an 18 year old boy with I/DD, deafness, and obesity, for evaluation/therapy. You notice that his father, who brings him to most visits, is not including Rasheed in conversations about his therapy and that this is causing friction between them. Use the listed links to find resources that may guide Rasheed on advocating for himself in health care settings and may assist his father in supporting him on that.