

TAKING CHARGE OF MY HEALTH

Partners in Health Transition



This website provides information and resources designed to guide teens and young adults with intellectual and developmental disabilities (I/DD), family members and caregivers to achieve successful transition from pediatric to adult health care. It focuses on the transition period from 14 to 28 years of age when people have questions about health transition and may experience difficulty finding answers. The content and focus of the information and resources draws on experiences of teens and young adults with I/DD, family members and caregivers, and it is based on a self-determination framework.



Topics include:

1. Getting Started: Transition Plans, Timelines, and Checklists
2. Health Goals in Individualized School and Community Plans
3. Health Records and Health Summaries
4. Health Insurance
5. Health Choices and Medical Decision Making
6. Moving from Pediatric to Adult Health Care
7. Health Management and Self-advocacy
8. Staying Healthy
9. Changing Roles: Letting Go/Taking Charge



Taking Charge of My Health: Partners in Health Transition

is now available online at

<http://www.takingchargeofmyhealth.org/>

(or scan QR code)

