



Texas Parent to Parent

Coaching Youth and Families to Move Forward in Health Care Transition—One Small Step at a Time

Transition in health care may seem like an overwhelming challenge for youth with special health care needs and their families. Think about taking small steps toward transition:

- Copy the insurance card for the child or youth to carry and present at the doctor's office. Talk about who pays for health care, and that the youth will someday be the payer.
- Have the child or youth co-sign for treatment or surgery. Include the patient in a discussion in understandable terms. If the child or youth cannot sign his or her name, a signature stamp can be made.
- Program ICE—In Case of Emergency—into the cell phone contact information. Emergency personnel look for this to make appropriate contact for the individual needing care. Many new phones have ICE already available.
- Make a portable medical summary of important medical information such as emergency contact, health care provider information, allergies, etc. Check out "Tools" at www.hrtw.org for a downloadable form.
- Develop 5 questions to ask at the next doctor's appointment. Encourage the child or youth to dialogue with the doctor and have a way to record or remember the information.
- Learn about medication. If it is difficult to learn names, be sure the child or youth knows what the pill bottle and actual pill look like to ensure correct medication is given.

These are six steps to begin health care transition. Pick ONE today. Before you know it, the child or youth will be well on the way toward transition in health care.

Healthy and Ready to Work (HRTW) holds Topical Calls on many subjects around transition. Visit the <http://www.hrtw.org> for more information.

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