

# Transition: The basics for young people

An information sheet on transitioning to adult-based care

Many young people that are treated at the IWK Health Centre will eventually need to be transferred to adult-based care. The process that supports this transfer is called transition. Transition helps you to develop independence and responsibility for your health.

Transition involves a process that eventually results in your health care being transferred to the most appropriate adult service. Throughout transition, you will be given an opportunity to develop skills and knowledge in areas that are relevant to navigating a new health service.

## Transition is:

- An important process that aims to prepare you and results in your successful transition to adult-based care.
- A process where you will have an active role in helping to determine your next steps.
- A co-ordinated process that involves your health care team, your parents/caregivers and your future health care team. This team will help you develop a transition plan that can be put into action.
- A planned process. The timing of your transition will vary depending on your preparation, and what is going on for you both health-wise and in your life generally. It will also occur in consultation with your health care team.

## Aims of transition:

- To provide high quality health care that is appropriate for your age and development and is presented in a way you understand.
- To help you develop skills and be confident in communication, decision-making and self-care.
- To provide support and guidance to you.
- To provide support and guidance for your parents/caregivers.

**“Transition can help prepare you by giving you skills you will need as an adult”**

## Questions to ask yourself:

- What do I expect out of my transition process?
- What are my transition goals?
- What gaps are there in my knowledge and health care skills?
- What do I need to do to address those gaps?
- What supports do I have and where can I find the right support?
- Who can I talk to or where can I go to find out more information?

## Transition challenges

There may be some challenges involved with the transfer to adult-based care that we can help you overcome.

These can include:

- Going to an environment that is unfamiliar and a team that is not known by you.
- Questions about the differences between pediatric and adult-based care.
- The feeling of having to retell your health care ‘story’ when transferring to adult-based care.
- Balancing the management of your health condition with all of the other things that are important to you.

**Your parents/caregivers will also go through some challenges of their own that they will need to overcome. These can include:**

- Changing of their role.
- Feeling excluded or out of the loop as you take on more responsibility.
- Concern about your readiness to transfer.
- Adjusting to adult-based care.
- Comfort in your new health care team.

## Transition steps:

### *Introduction*

This is the time to start talking about the concept of transition. At this time, we will explore your skills, abilities and understanding of how to manage your health condition.

### *Planning/Preparation*

This time is about developing your transition plan with your health care team and your parents/caregivers.

Responsibility for your health care is shifting from your parents/caregivers to yourself!

### *Transfer*

This time is about exchanging information between your current health care team and your future health care team. When possible, an opportunity to meet your future health care team prior to transfer is arranged.

The point of transfer marks a time when you will no longer be receiving care from your pediatric team.