

Tips for a Smooth Transition for Youth who Need Services due to a Disability

- Start looking early into the resources and supports in the adult system
- Keep a record of daily care needs to help with training new staff and explaining the needs to new organizations and intake workers or staff determining eligibility for programs
- Keep documentation related to diagnoses and functional abilities-this documentation is important for proving eligibility for adult supports
- Keep building skills and exploring interests-
Look for opportunities and experiences that will help to develop:
 - Life skills
 - Recreational interested and hobbies
 - Vocational skills
- Apply as early as possible for adult support services. This can be as early as 16 years of age for many services



London Health Sciences Centre

Neurology Transition Program

Know Before You Go!

There will be some changes in your care moving from the pediatric to the adult care setting. This usually happens around the age of 18 years. Your pediatric doctor will refer you to a new adult doctor. You may be followed at University Hospital or in the community.

At first, you may feel nervous because you have been seeing the same doctor for years and you trust him/her. You may feel more comfortable if you know a few things before you move on.

**Transition
Together**



What to Expect

- You will be treated more maturely. The responsibility is **shifted** from your parents/caregivers answering questions to you.
- The new doctor will want to learn more about you and your medical history.
- The doctor will most likely speak to you instead of your parents during the visit. Sometimes, you are seen by the doctor alone without the parent/caregiver present.
- You will make decisions about your treatment, asking your parents/caregivers as needed.
- Adult neurologists will not provide primary care, so you will need to have and regularly visit your family doctor.
- Health information is confidential unless you give permission for your parents/caregivers to see it.
- You will be asked to schedule your own appointment, notify the office if you can't attend



Tips for Preparing



- Practice asking questions and speaking up for yourself during your pediatric visits. Your questions and concerns are important.
- Keep a list of your medications and how much you take. You can take a picture of your medication labels and bring it with you.
- Keep the phone number, appointment and address of your doctor in your phone.
- Ask your doctor where to find care for illnesses that occur after office hours or on the weekend.
- Ask your doctor when you should go to the Emergency Care.
- Always keep your health card with you. Take a picture of it too!
- Keep a record of your medication history and seizure description to share with your new doctor.
- Check out MyHealth passport at www.sickkids.ca/myhealthpassport.