**VOICE**

- Name and describe youth’s health condition(s)
- Ask questions and seek out health care and transition information
- Identify signs and symptoms of becoming sick and/or complication(s)
- Aware of possible late effects of condition(s) and/or treatments
- Understand the change in access to information, decision-making and providing consent as youth reaches adulthood

**ACTION**

- Determine their ability and expectations for self-care or directing others
- Know allergies to medications, food and/or other
- List medications, how taken, reasons for them and any side effects
- Know how to fill medication(s) prescriptions
- Know reasons for tests and how to access results
- Have an emergency plan – who to call for what
- Plan for booking and getting to health care appointments
- Keep a personal health care record with copies of letters, reports and assessments

**TRANSITIONING RESPONSIBLY TO ADULT CARE**

A GUIDE FOR PARENTS/FAMILIES TO SUPPORT THEIR YOUTH (12-24 YEARS OF AGE) IN THE PLANNING AND PREPARATION FOR ADULTHOOD AND ADULT HEALTH CARE.

YOUTH VARY IN THEIR ABILITY AND READINESS FOR ADULT CARE - REQUIRING ASSISTANCE WITH SOME OR ALL OF THESE SKILLS AS THEY MAKE THE JOURNEY TO ADULTHOOD.

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**MARK EACH BOX WITH THE APPROPRIATE SYMBOL**

- ✔️ DONE
- 🚫 NOT APPLICABLE
- ⬅️ TO DO

**TEAM**

- Identify family members, friends and others to support youth in health care visits and transition
- Visit their Family Physician twice a year for primary health care; ongoing care management, referrals, prescription refills, birth control or counseling
- Identify Adult Specialist(s) and allied health professionals; how often to see them, and for what

**CONNECTIONS**

- Identify parent/family concerns for transition
- List ways family and others can help with transition planning
- Participates in activities, recreation, camps and sports outside of school
- Talk about friendships and safe relationships free from bullying (in person or online)
- Connect with friends, peers and mentors with common interests
- Talk about worries, stresses, anxiety, depression and/or sleeping disturbances
- Aware of workshops about transition and planning for adulthood
### PERSONAL SAFETY

- Participate in physical activities/sports that are beneficial and safe
- Know healthy weight, special diets, and any special concerns related to their condition
- Discuss condition and/or medications interactions with caffeine, drugs or alcohol
- Plan for driving and aware of any restrictions and/or other means of transportation

### FINANCES & LIVING

- Understand timing and eligibility for adult services
- Understands eligibility and applies for suitable adult home care, supports and services (CLBC, PWD, CSIL, BC Housing)
- Has plan for out-of-plan medications, equipment, and supplies
- Understand changes in MSP, Fair Pharmacare, dental, extended or non-insured health benefits
- Aware of financial tools; Tax credits, Bank account for persons with disabilities (PWD), RESP, and RDSP
- Identify plan for guardianship and future financial planning (Representation Agreement)

### HEALTHY RELATIONSHIPS

- Understand impact of condition[s]/treatments on puberty, physical and sexual development (if any)
- Connect with Family Physician about body changes and sexual health
- Identify who to talk to about healthy relationships, risks of sexual abuse/exploitation, body boundaries and appropriate touching
- Aware of condition-specific issues affecting sexual activities, fertility and child-bearing
- Understand the need for/access to genetic counselling (if applicable)

### FUTURE PLANNING

- Discuss school attendance, strengths and/or concerns (Individual Education Plan)
- Understand how health condition[s] may affect career choices
- Have a birth certificate, Proof of Citizenship, BC ID and Social Insurance Number (SIN)
- Involved in working for service hours, volunteering, and or paid work
- Have plans for after high school; education, work, or vocational programs
- Aware of scholarships, bursaries, career counselling and/or disability programs
- Apply to College/University student services for special accommodation (for assistance, access or illness)
- Identify health care to consider if moving out of home, away for work, school or travel

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