



## Facts About Transitioning

### What is Transition?

- Transitioning involves going from one setting to another. We make many transitions in our lives – from school to work, teen to adult, and pediatric to adult health care.
- Medical conditions can have an impact on this transition process.
- Transition from teen to adult involves your increasing responsibility for decisions, self-care, and medical management.
- Adolescent transition is the time when we figure out who we will be. This can be an exciting and challenging time for teens and their families.
- It is never too early to start preparing for your future.
- Everyone experiences transitions. Our job is to make them good experiences.

### What is Health Care Transition?

- Health Care Transition is defined as “The planned and purposeful movement of adolescents and young adults from child-centered to adult-centered care.”

### Why is Transitioning Important?

- 90-95% of youth with chronic illnesses are surviving into adulthood.
- Many youth with chronic illnesses have declines in their health during their transition to adult health care.
- Youth with chronic illnesses need to have appropriate adult health care and services in order to assure and promote positive outcomes for health, school, vocation, and social and emotional well-being.
- Structured transition programs can prepare youth for their future in school and work, social and community integration, and adult health care.

### What Does Transition Involve?

- Transfer of care from pediatric physicians to adult providers.
- Access to continuous health insurance coverage.
- Learning knowledge and skills to manage your medical condition.
- Learning to identify and advocate for accommodations needed for you to function more successfully in work and school.
- Connecting to appropriate adult community resources based on individual needs.

### Key points to remember

TRANSITIONING IS A PROCESS, NOT A SINGLE EVENT.

Transition involves planning for changes in many areas of life – living, work and health care.

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