

Supporting Adolescents with Independent Life Skills (SAILS) is a six-week program to teach teens to prepare for their future in work and college as well as their healthcare management.

There are also sessions for parents to provide additional information and support.

All,
for
your
one.®



**Ann & Robert H. Lurie
Children's Hospital of Chicago**

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luriechildrens.org



SAILS

Supporting Adolescents
with Independent Life Skills

 Ann & Robert H. Lurie
Children's Hospital of Chicago®

KD.01.2019

About SAILS

PARTICIPANTS

Young adults ages 15–20 with chronic medical conditions who are able to participate in an interactive group setting are welcome along with their parents/caregivers.

LEADERS

Parag Shah, MD, Medical Director, Transition to Adult Care Program, and Angela Berger, LCSW, Manager, Transition to Adult Care Program, will conduct the sessions along with a group of expert guest speakers.

LOCATION AND TIMES

All sessions are located at our main hospital during six weeks in the summer on Monday evenings from 5:30–7:30 p.m.:

Ann & Robert H. Lurie Children's Hospital of Chicago
225 E. Chicago Avenue, Chicago, IL 60611

We ask that you plan to attend all six sessions.

COST

The six-week program and parking are free. Dinner will be provided to all participants.

CONTACT US

If you are interested in joining the SAILS Program, contact Angela Berger, LCSW, at [312.227.5356](tel:312.227.5356) or aberger@luriechildrens.org.

Session topics

WEEK 1: Sailing Toward Self-Advocacy

- Welcome to the group
- Self-advocacy and the importance of learning about yourself
- Differences in pediatric and adult care
- Parent session: Talk with ParentWISE® volunteers and other parents

WEEK 2: Sailing Toward Healthcare Skills

- Learn about visiting a new doctor
- Understand and fill a prescription
- Call your insurance company
- Practice making appointments
- Parent session: Guest speaker Psychologist Jill Weissberg-Benchell, MD, on "Letting Go"

WEEK 3: Sailing Toward Adult Health Insurance

- Learn about insurance plans and benefits
- Learn to read a benefit plan with Health Insurance Jeopardy
- Parent session: Review benefits and insurances with health insurance advocacy group

WEEK 4: Sailing Toward Work

- Preparing for work
- Meet representatives from local job programs
- Talk with other working young adults
- Parent session: Meet with group leaders



WEEK 5: Sailing Toward Mental Wellness

- Discuss challenges and strengths of having a chronic illness
- Meet with representatives from the psychiatry department to talk about challenges and coping tools
- Parents: Meet with local legal agency to discuss guardianship and alternatives

WEEK 6: Sailing Toward College

- Discuss preparing for college
- Meet representatives from the disability services department of a local college
- Talk with young adults who have transitioned to college
- Parent session: Discuss going to college, guest speakers from local college and peer panel
- Program completion reception

Navigating smooth passages to adulthood