



# **TRANSITION TO ADULT HEALTH CARE**

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Program



# WHAT IS HEALTH CARE TRANSITION?

"Health care transition, or HCT, is the process of moving from a child/family-centered model of health care to an adult/patient-centered model of health care, with or without transferring to a new clinician. It involves planning, transfer, and integration into adult-centered health care."

"What is Health Care Transition?"  
*Got Transition*, The National Alliance to Advance Adolescent  
Health. [www.gottransition.org/six-core-elements/](http://www.gottransition.org/six-core-elements/).



# 3 AREAS OF CHANGE

INSURANCE

MEDICAL PROVIDERS

SYSTEM





## Private Insurance

- Affordable Care Act- children can stay on parents insurance until 26 years of age, regardless of employment/school status
- If you would like to keep your adult child on your private insurance past age 26, you could declare he/she as a disabled adult. Please check with your Human resources department as there is an age limit which this can be done
- Hawaii PrePaid Healthcare law-

## State/Federal Insurance

- Children Quest/Medicaid coverage until 19<sup>th</sup> birthday, then need to apply for adult Quest/Medicaid
  - Please note, Quest/Medicaid only pays for emergency dental care for individuals 21 and over (AlohaCare health plans provide preventative adult dental)
- Once individual reaches 18 years of age, income criteria is based on the individual's income alone, not family (this is also true for SSI)



## MEDICAL PROVIDERS

- Physicians-Some pediatricians and pediatric specialists see patients until age 18, some till 21
  - Start by asking pediatrician/other current medical providers for recommendations, then family/close friends
  - Check with your healthcare plan, ask for a list of doctors accepting new patients

Kapiolani Women and Children's Medical Center will not typically see males or females past the age of 21 or so.

- Shriner's Hospital see patients until 21 for the most part....please check if they have recommendations for wheelchair, ortho prosthetics follow up

# SYSTEMS

## **Pediatrics**

- Family Centered
- Longer length of appt
- Primary Care/Specialty Care affiliations
- Central pediatric center

## **Adult**

- Patient Centered
- Shorter length of appt
- Primary care/Specialty Care affiliations possibly more distant
- Multiple adult hospitals



# WE ARE NOT ALONE

- “Finding and Using Adult Health Care by Kentucky TEACH Project”
  - Do you want someone who will take time with you during an office visit or are you comfortable being seen by someone who is "good" in his or her field but perhaps does not have the best bedside manner?
- “Finding Adult Providers” by American Academy of Pediatrics Illinois Chapter
- Ask yourself:
  - Does the doctor listen to your questions or is he/she constantly interrupting you?
  - Can the doctor explain information so that you can understand it?
  - Does he/she take enough time to answer your questions?
  - Does the doctor treat you with respect?



# SOME TIPS TO CONSIDER.....

- **Be Patient**
- **Schedule a well visit** (annual physical, etc)...do not wait until an illness for the 1st visit
- **Transition letter** from your current PCP or specialist
- **Complete legal paperwork** if needed
- **Learn your body**; practice how to explain it
  - Sharp pain? Shooting pain? Dull throb?
  - Off and on? Triggers?
  - Take pictures/use video
- **Try to be concise**
  - What is wrong now, keeping dialog short and to the point
  - Limit to pertinent past medical history as needed
- **Hospital systems**







# My Path to Adult Health Care

## Warming up...

## ...Following the Path...

## ...Reaching my Goals

### My Healthy Habits

(brushing/flossing teeth, healthy foods, exercise, washing hands, limiting screen time, sleep, etc.)

- I am learning about healthy habits and can do some of them on my own
- I am learning about my health needs

- I have healthy habits
- I avoid unhealthy habits (smoking, vaping, drinking, drugs, speeding, etc.)
- I can explain my health needs to others
- I tell my parents when I do not feel well

- I live healthy
- I know the name of my health condition and how it affects me
- I know how to get help when I do not feel well

### My Doctors and Dentist

- I see my doctor every year for wellness visits
- I see my dentist twice a year for check-ups
- I tell my doctors and dentist "hello" and "good bye" and answer their questions

- I see my doctors when I am well and when I am sick
- I know their names
- I ask them questions and talk about my health

- I can schedule visits with my doctors and dentist
- I know the importance of having a doctor who knows me and my health needs (my Medical Home)
- I keep my health record up-to-date

### My Medicines (if needed)

- I take my medicine when my family gives them to me
- I know how the medicine will help me

- I know when to take my medicines and how it helps me
- I know how my family orders or refills my medicines

- I know what my medicines are and how to get them
- I know how to get refills
- I know the name and location of my pharmacy

### My Health Insurance

- I am learning that things cost money
- I am learning how to save money
- I am learning about how my family pays for my medical care

- I am learning about how my health insurance works
- I know where my Social Security card, State ID, and birth certificate are kept

- I understand my health insurance plan
- I carry my health insurance card
- I know how to get health insurance when I'm no longer covered by my parent's insurance plan

### My Adult Health Care

- My family keeps a record of my health condition, medicines and doctors
- I help to choose things and make decisions
- I do chores around the house

- I meet alone with my doctor for part of my visit
- I start to talk with my doctor about finding health providers for when I become an adult
- I help to fill out and co-sign forms at doctor visits

- At 18-years-old, I know I can see the doctor alone, or choose to have my support people with me
- I have adult health care doctors and dentist, and an adult plan of care
- I make decisions with my adult health care providers

