

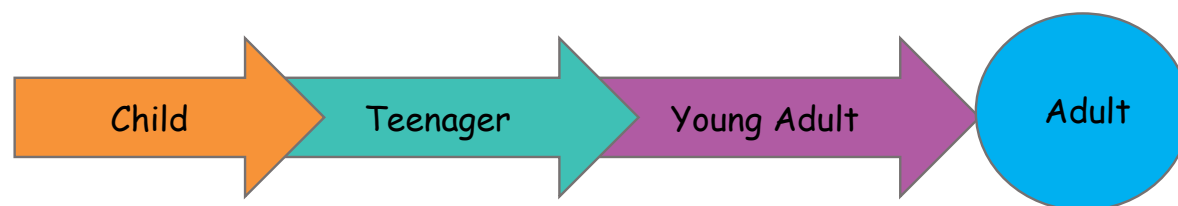
Supplementary File 1: Standard Reference Handouts (Youth and Parent/Caregiver versions)

Helping You Get Ready for Adult Health Care

Information for Teens

As a teenager, you are starting to learn how to take care of yourself. Over the next few years, you will gradually take on more responsibility for your health. This process, called, transition, is part of growing up.

Health care transition is when you make the change from getting pediatric services (e.g., from the children's health care team, the children's hospital or the children's treatment centre) to looking after your own health in adult services.



Typically, as a child, your parents and the health care team took care of you.

During your teenage years, your parents and the health care team will help you learn what you need to know and do to take care of your health.

You gradually take on more responsibility for your care.

As a young adult, you will transfer from pediatric to adult health care.

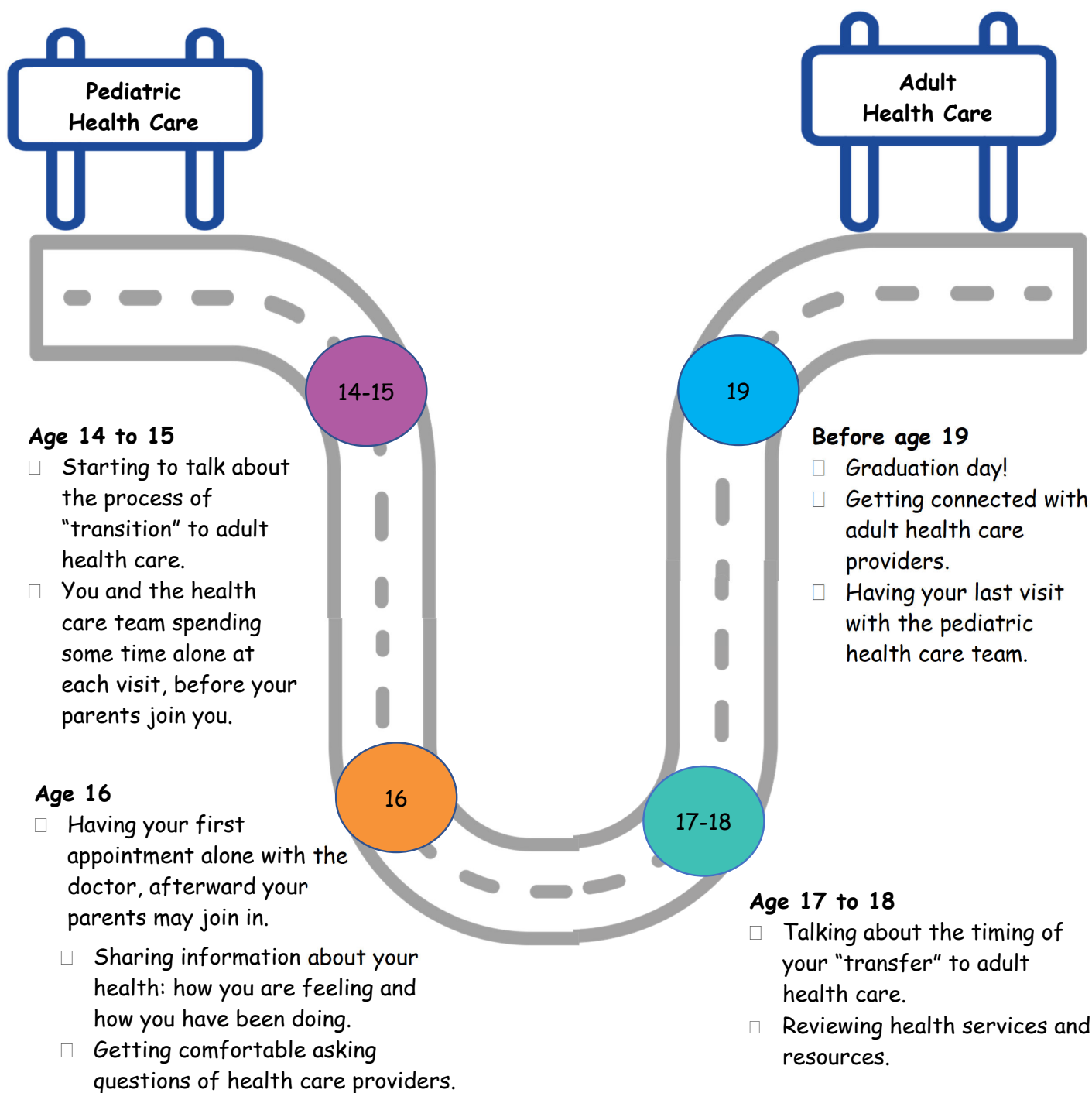
When you become an adult, you generally will be more responsible for your own health care, with help from others as needed.

At around age 18, most teens are expected to say goodbye to their pediatric health care team. They transfer to adult care where they begin taking care of their health care. The exact time of transfer varies from person to person.

There is a map on the next page that shows how health care teams usually work closely with families to make 'graduation' to adult health care go as smoothly as possible, by:

- telling you what to expect
- giving you lots of information about your health
- helping you make plans, set goals and learn what you need to do
- making the change gradual, not sudden
- supporting you along the way

Some of the Usual Steps in the Journey from Pediatric to Adult Health Care



Information adapted from: Hamilton Health Sciences, 2010 PD 7140 – 08/2010. WPC\PtEd\CH\SpasticityClinicAdultCareTeens-lw.doc. dt/August 11, 2010. Getting On TRAC For Adult Care <http://www.bcchildrens.ca/transition-to-adult-care/Documents/ONTRAC-timeline-brochureBCCH.pdf>
 Images: Road Sign by Rinrin from the Noun Project, Curved Road by Ben Davis from the Noun Project

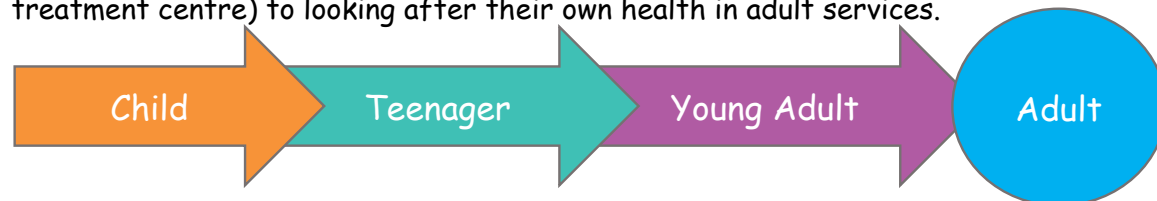
Version: 09-Apr-2020

Helping Your Child Get Ready for Adult Health Care

Information for Parents

Over the next few years, your teen will gradually take on more responsibility for their health. This process, called transition, is part of growing up.

Health care transition is when youth make the change from getting pediatric services (e.g., from the children's health care team, the children's hospital or the children's treatment centre) to looking after their own health in adult services.



Typically, throughout childhood, you took care of your child along with the health care team.

During the teenage years, you and the health care team will help your teen learn how to take care of their health.

To the extent that they are able, your teen will gradually take on more responsibility for their own care.

As a young adult, your teen will transfer from pediatric to adult care.

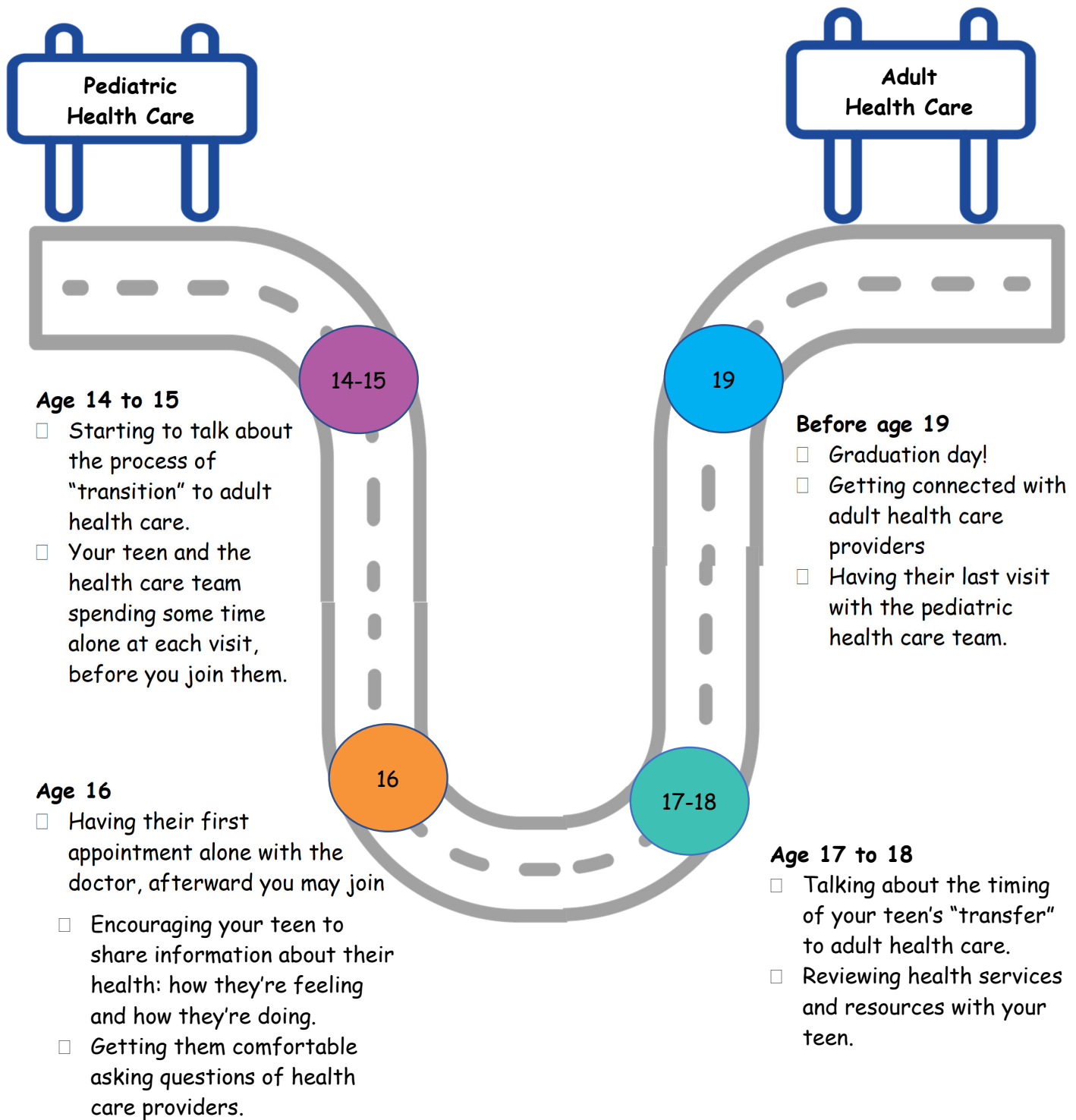
When your teen becomes an adult, they generally will be more responsible for their own health care, with help from others as needed.

At around age 18, most teens are expected to say goodbye to their pediatric health care team. They transfer to adult care where they begin taking care of their health care. The exact time of transfer varies from person to person.

There is a map on the next page that shows how health care teams usually work closely with families to make 'graduation' to adult health care go as smoothly as possible, by:

- telling your teen what to expect
- giving your teen lots of information about their health
- helping your teen make plans, set goals and learn what they need to do
- making the change gradual, not sudden
- supporting you and your teen along the way

Some of the Usual Steps in the Journey from Pediatric to Adult Health Care



Information adapted from: Hamilton Health Sciences, 2010 PD 7140 – 08/2010. WPC\PtEd\CH\SpasticityClinicAdultCareTeens-lw.doc. dt/August 11, 2010. Getting On TRAC For Adult Care <http://www.bcchildrens.ca/transition-to-adult-care/Documents/ONTRAC-timeline-brochureBCCH.pdf>
 Images: Road Sign by Rinrin from the Noun Project, Curved Road by Ben Davis from the Noun Project

Version: 09-Apr-2020