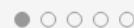


An introduction to...

Got Transition (North America) Trapeze (Sydney) Melbourne

Got Transition® is the federally funded national resource center on health care transition (HCT). Its aim is to improve transition from pediatric to adult health care through the use of evidence-driven strategies for health care professionals, youth, young adults, and their families.



Got Transition aims to help youth and young adults move from pediatric to adult health care.

Six Core Elements™
(For Clinicians)

Youth & Young Adults
(FAQs & Resources)

Parents & Caregivers
(FAQs & Resources)

Resources & Research
(By Category)

[Click here to learn more about Got Transition's Consulting Services](#)

6 Core Elements

- Defines the basic components of a structured transition process
- Includes customisable sample tools for each core element.
- Three packages depending on type of practice facilitating the health care transition

Complete package

Comprehensive (complicated!)

The Six Core Elements



The Six Core Elements are the basic components of the health care transition process. They are designed to be used for pediatric, family medicine, med-peds, and internal medicine practices, but they can also be used in pediatric and adult specialty practices. They were designed by Got Transition™, an initiative of the National Alliance to Advance Adolescent Health. The Got Transition™ website provides a wealth of resources and training on health care transitions. Here is a description of each, with sample documents you might consider for your practice.

© Got Transition™/Center for Health Care Transition Improvement, 01/2014. Got Transition™ is a program of The National Alliance to Advance Adolescent Health supported by U39MC25729 HRSA/MCHB. www.GotTransition.org

1. The Practice's Policy on Transitions

2. Transition Tracking

3. Transition Readiness Assessment

4. Transition planning

5. Transfer of care

6. Follow-up

NEXT: A TEAM APPROACH

TRANSITIONS RESOURCE MENU

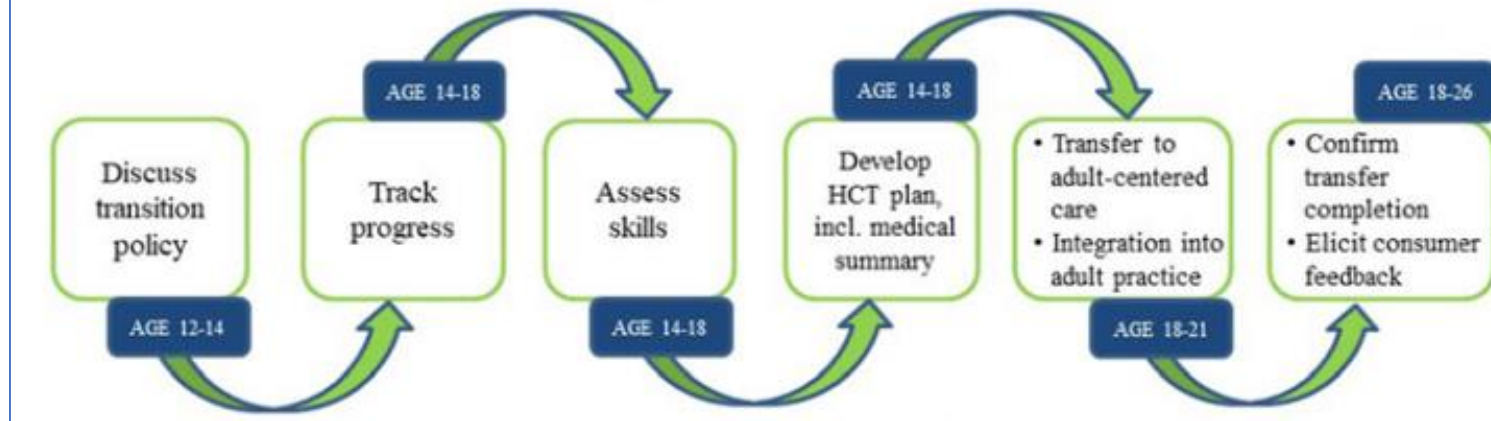
[From Pediatric to Adult Health Care: A Guide for Providers](#)

[Six Core Elements of Effective Transitions](#)

[A Team Approach](#)

[References, Resources, and Credit](#)

Six Core Elements™ Approach for Youth Transitioning to Adult Health Care



1

POLICY/GUIDE

Develop, discuss, and share transition and care policy/guide

AGE 12-14

2

TRACKING & MONITORING

Track progress using a flow sheet registry

AGE 14-18

3

READINESS

Assess self-care skills and offer education on identified needs

AGE 14-18

4

PLANNING

Develop HCT plan with medical summary

AGE 14-18

5

TRANSFER OF CARE

Transfer to adult-centered care and to an adult practice

AGE 18-21

6

TRANSITION COMPLETION

Confirm transfer completion and elicit consumer feedback

AGE 18-23



**Transition and Care
Policy/Guide**



**Tracking and
Monitoring**



Transition Readiness



Transition Planning



Transfer of Care



Transfer Completion

Transition and Care Policy/Guide

Creating a written transition and care policy/guide is the first element in the Six Core Elements of Health Care Transition™ (HCT). The transition and care policy/guide is intended to be shared with youth and parents/caregivers early in adolescence and periodically repeated. Developed by your practice or health system, with input from youth and parents/caregivers and staff, the policy/guide formalizes the practice/system approach to HCT. It represents a consensus among the practice staff and youth and parents/caregivers about the HCT approach involved. It can also represent structure for evaluation. It should be at the appropriate reading level, offered in languages common among your clinic population, and concise (no more than one page).

Sample Tools



Sample Transition and Care Policy/Guide
[En Español]

Sample Transition and Care Policy/Guide

[Adult Practice Name] welcomes you to our practice. We want you to have high quality care that meets your unique needs, including any special health care needs.

We put you in the center of your own health care. The doctor is your partner in meeting your health goals. We will keep all details about your care private. By law, you are an adult at age 18. We will only discuss your health information with others if you agree. Some young adults choose to involve their parents/caregivers or others in their health care choices. To allow your doctor to share information with them, consent is required. We have these forms at our practice. For young adults who have a condition that limits them from making health care choices, the office will share with parents/caregivers options for how to support decision-making. For young adults who are not able to consent, we will need a legal document that describes the person's decision-making needs.

We ask that new young adults joining our practice send a medical record from their past doctor(s) before the first visit with us. Having your information before you come for the first time helps us be sure we don't miss any details. This will make the experience better for you. We make every effort to work with your past doctor(s) so the move goes well for you. We will help you find community resources and specialty care, if needed.

Your health matters to us, and we look forward to having you join us. If you have any questions, please feel free to contact us.



TRANSITIONING YOUTH TO AN ADULT HEALTH CARE CLINICIAN

For use by Pediatric, Family Medicine, and Med-Peds Clinicians

Click into any of the Six Core Elements to read and download more!



Transition and Care
Policy/Guide



Tracking and
Monitoring



Transition Readiness



Transition Planning



Transfer of Care



Transfer Completion

Tracking and Monitoring

Establishing a mechanism to track receipt of the Six Core Elements of Health Care Transition™ (HCT) is the second element in the Six Core Elements. An individual flow sheet within the electronic medical record (EMR) can be used to track when individual transition-aged youth receive each core element. Information from the individual flow sheet can be used to populate a registry and help monitor the extent to which transition-aged youth in the practice/system are receiving recommended HCT services.

Sample Tools



Sample Individual Transition
Flow Sheet
[En Español]



Sample Transition Registry
[En Español]

Six Core Elements of Health Care Transition™



TRANSITIONING YOUTH TO AN ADULT HEALTH CARE CLINICIAN

For use by Pediatric, Family Medicine, and Med-Peds Clinicians

Click into any of the Six Core Elements to read and download more!



Transition and Care
Policy/Guide



Tracking and
Monitoring



Transition Readiness



Transition Planning



Transfer of Care



Transfer Completion

Transition Readiness

Assessing youths' health care transition (HCT) readiness skills is the third element in the Six Core Elements of Health Care Transition™. Use of a standardized transition readiness assessment (TRA) is helpful in engaging youth and parents/caregivers to set health priorities, addressing self-care skill needs to prepare them for an adult approach to care at age 18, and preparing them to independently use health care services. Clinicians can use the results of the TRA to jointly develop a plan of care with youth and parents/caregivers. Clinicians should begin conducting TRAs at age 14 to 16 and continue throughout the HCT period until the youth has transferred. The final TRA should be included in the transfer package and sent to the receiving adult clinician. The TRA should be at the appropriate reading level, offered in languages common among your clinic population, and concise (no more than one page).

Sample Tools



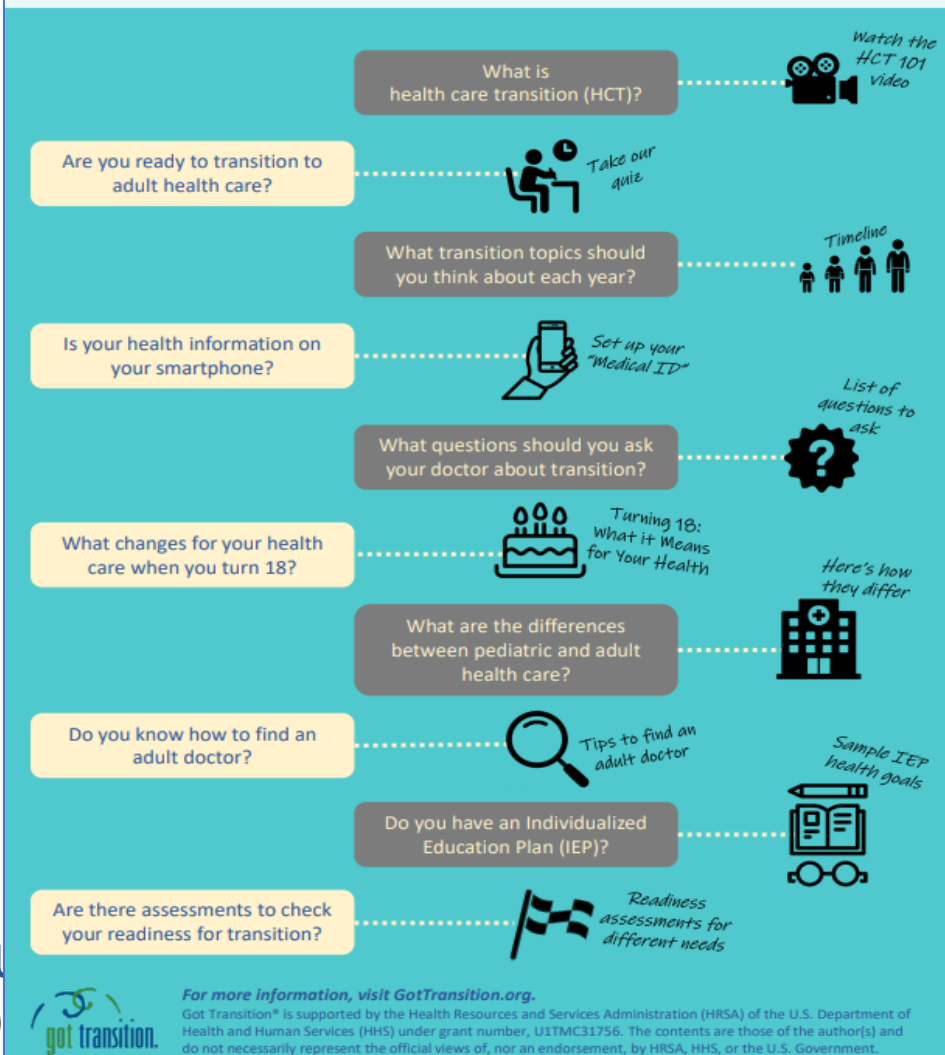
Sample Transition Readiness
Assessment for Youth
[En Español]



Sample Transition Readiness
Assessment for
Parents/Caregivers
[En Español]

Youth, young adults, and families:
**Do you want to learn about
 transitioning to adult health care?**

These tools can help you learn about moving from pediatric to adult health care.



- Explanation
- Quiz
- Personal record
- Questions to ask
- At 18
- Differences paed's vs adult services
- Transition Plans



Youth & Young Adults:
**Are You Ready to Transition to
Adult Care?**

TAKE THE QUIZ



Parents & Caregivers:
**Is Your Child Ready to
Transition to Adult Care?**

TAKE THE QUIZ

Almost a transition expert...



You and your child have begun this journey toward their transition to an adult provider. You have also started to help them become a self-advocate for their own health. But you both still have a ways to go!

Check out these tools and resources as you continue to help your child take charge of their health:

1. Help your child fill out their personal ["Medical ID" on their smartphone](#).
2. Find out what insurance plans could be a good fit for your child by using the [Health Care Marketplace](#) or visit [the Catalyst Center](#).
3. Learn the [differences between your child's doctor office and the Emergency Department](#).
4. Read [Turning 18: What it Means for Your Health](#).

Go to [GotTransition.org](https://gottransition.org) for more health care transition-related resources and information!



THE SIX CORE ELEMENTS OF HEALTH CARE TRANSITION™ 3.0

Sample Health Care Transition Feedback Survey for Youth/Young Adults

This is a survey about what it was like for you to move from pediatric to adult health care. Your answers will help us improve our health care transition process. Your name will not be linked to your answers.

DID YOUR PAST DOCTOR OR OTHER HEALTH CARE PROVIDER...	YES	NO
<i>Please check the answer that best fits at this time.</i>		
Explain the transition process in a way that you could understand?	<input type="checkbox"/>	<input type="checkbox"/>
Give you guidance about the age you would need to move to a new adult doctor or other health care provider?	<input type="checkbox"/>	<input type="checkbox"/>
Give you a chance to speak with them alone during visits?	<input type="checkbox"/>	<input type="checkbox"/>
Explain the changes that happen in health care starting at age 18 (e.g., changes in privacy, consent, access to health records, or making decisions)?	<input type="checkbox"/>	<input type="checkbox"/>
Help you gain skills to manage your own health and health care (e.g., understanding current health needs, knowing what to do in a medical emergency, taking medicines)?	<input type="checkbox"/>	<input type="checkbox"/>
Help you make a plan to meet your transition and health goals?	<input type="checkbox"/>	<input type="checkbox"/>
Create and share your medical summary with you?	<input type="checkbox"/>	<input type="checkbox"/>
Explain how to reach the office online or by phone for medical information, test results, medical records, or appointment information?	<input type="checkbox"/>	<input type="checkbox"/>
Advise you to keep your emergency contact and medical information with you at all times (e.g., in your phone or wallet)?	<input type="checkbox"/>	<input type="checkbox"/>
Help you find a new adult doctor or other health care provider to move to?	<input type="checkbox"/>	<input type="checkbox"/>
Talk to you about the need to have health insurance as you become an adult?	<input type="checkbox"/>	<input type="checkbox"/>

Overall, how ready did you feel to move to an adult doctor or other health care provider?

☐ Very ☐ Somewhat ☐ Not at all

Do you have any ideas for your past doctor or other health care provider about making the move to adult health care easier?

Trapeze

- Dedicated transition network and support
- Referred into service
- Self referral

Are you transitioning to adult healthcare services?



Young people who have chronic conditions and disabilities need to transition from children's healthcare to adult health services. **The ACI Transition Care Service is here to support you.**

What we do

There are differences between children's and adult health services and some young people aged between 14 and 25 years need extra support.

- We offer a confidential and free service that is part of NSW Health.
- Transition care coordinators and support workers help young people, families, carers and clinicians during transition.

You will be given the details of your care coordinator and support worker.

Tell them if you want to be contacted via phone, text or email so they know the best way to reach you.

We help by

- Working with your healthcare team to find suitable adult health services
- Creating a transition plan that contains important information
- Supporting you to get referrals and make appointments
- Going with you to your first appointments, if needed
- Sharing resources with you
- Providing updates to your healthcare team about your transition



Are you transitioning to adult healthcare services?



What we can't do

While we would like to help with everything, there are some things we can't do, such as:

- make appointments on your behalf, however, we can help you learn how to do this
- complete paperwork and provide supporting documents for NDIS or Centrelink.

Contact us

We'll contact you after your adult health appointments. You can also call us if you need help.

When you've met with your adult health services and feel comfortable, we will discharge you from our service. But you can still contact us until you turn 25.



The contact details for ACI transition care coordinators are on our webpage.

Young people, carers or clinicians can refer to our service.



All we require is a referral form with the young person's consent.



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For current information go to: aci.health.nsw.gov.au

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HELPING YOUNG PEOPLE LIVE AN EXTRAORDINARY LIFE

FREEDOM TO CHOOSE. IT'S TIME TO TAKE CONTROL

LET'S MAKE THE LEAP TOGETHER

START YOUR JOURNEY HERE



**YOU ARE NOT ALONE! LEARN
ABOUT THE EXPERIENCES OF
YOUNG PEOPLE JUST LIKE YOU**

CLICK HERE FOR MORE

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FOLLOW US ON SOCIAL MEDIA FOR
THE LATEST ARTICLES**

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THE TRAPEZE NEWSLETTER**




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1 Transition... It's All About Growing Up and Moving On

This factsheet is for young people who are getting ready to leave the children's hospital

In health care we use the word "transition" to describe the process of planning, preparing and moving from a children's health care service to an adult health care service.

Transition should be a gradual process and starting early will give you the time to prepare for your move.


Preparing for your move will:

- Give you a chance to think about what health care is needed for the future
- Help you develop the skills to manage your condition on your own
- Give you time to talk with your health care team about moving on
- Make sure you feel ready to make the move
- Strengthen your links with your GP and community
- Help you choose which adult services best suit your needs
- Reduce the stress and anxiety of leaving the children's hospital
- Give you time to adjust to becoming more independent
- Give your family/carers time to step back and trust you to be in charge

When you were younger you relied on your family/carers to look after you, but as you get older you will have the opportunity to start doing this for yourself and learn more about your condition and discuss any health issues with your team on your own.

By beginning the transition process early you will develop the knowledge and skills necessary to manage your own health care as an adult.

For more information talk to your doctor and health care team.

GET THE FACTS

www.trapeze.org.au








2 How to prepare for your transition

Before you leave the children's hospital you might find some of the tips useful in preparing for your move to the adult world

TIPS	WHY?
Start seeing your doctor and health professionals on your own	<ul style="list-style-type: none"> • More privacy • In the adult world clinicians may want to see you on your own
Take 5 minutes to think about what you want before you go into your appointment	<ul style="list-style-type: none"> • Helps you get what you want in the time that you have
Use your phone calendar to help organise your time	<ul style="list-style-type: none"> • So you don't forget important things eg appointments, monitoring your health, and taking medicine
Learn more about your health condition and how it affects you	<ul style="list-style-type: none"> • This will help others understand you better • It will help you become more independent • It will free you to live your own life
Know what treatments you are on and how they interact with alcohol and drugs	<ul style="list-style-type: none"> • So you know how to look after yourself • To prevent you from getting into trouble • Staying in control of your life
Know what gives you allergies or bad reactions	<ul style="list-style-type: none"> • So you prevent or don't repeat past bad reactions
Put the name and phone number of your health team and emergency services in your phone contacts	<ul style="list-style-type: none"> • So you can contact them when you need to • Helps you stay organised and on top of things
Download apps that can be useful for you	<ul style="list-style-type: none"> • Easy access to support services • Helps you stay organised and on top of things
Start making your own appointments and organise any tests	<ul style="list-style-type: none"> • Keeps you in control of your own life
Find a supportive and trusting GP	<ul style="list-style-type: none"> • Your GP is your most important health professional • Your GP is the first person you contact when you are unwell • Your GP is your care coordinator and refers you to health services
Get to know your local pharmacy and when you need to get new medications	<ul style="list-style-type: none"> • To keep you well
Use your device to store your health information	<ul style="list-style-type: none"> • Your adult health team may ask for it • It will help your adult team understand you better
Start talking with your health team in the children's hospital about transition	<ul style="list-style-type: none"> • So you know what will happen when you leave
Know how to get to your appointment	<ul style="list-style-type: none"> • So you can be relaxed and in control on the day
Know how to cancel or reschedule an appointment	<ul style="list-style-type: none"> • Someone else can have the appointment if you can't make it. • You can reschedule the appointment to a time that's good for you.

GET THE FACTS

www.trapeze.org.au

5
Ideas For Parents/Carers to Support Young People with Chronic Conditions

This factsheet is for parents/carers of young people with chronic conditions.

As your child grows up and becomes their own person, your role as parent/carer will change.




The way you adjust to these changes will influence how your young person experiences their transition.

Encouraging your young person to take more control of their health, to the best of their ability, will help them in the future. This may at first feel a bit uncomfortable as you have been the one making decisions and organising their health care. Adolescence is a time of letting go balanced with stepping in when needed.




Having to say goodbye to your paediatric team at the children's hospital and/or your local paediatrician can sometimes lead to worry for parents/carers. Planning and preparing for this transition can reduce anxiety and stress.

Here are some ideas to help you along the way:

- Recognise that your young person has their own thoughts and ideas about their health
- Start teaching your young person about their condition and how to manage it
- Give your young person the names and contact details of their GP and health care team
- Encourage your young person to see their doctor and health professionals on their own
- Make sure your young person has their medical appointments in their calendar
- Before a health appointment take 5 minutes to talk together about what your young person may want from seeing their health team
- Be supportive and encourage your young person to become more confident in taking control of their health
- When the doctor asks a question let your young person speak first
- Be patient and accept that your young person may make mistakes
- Help your young person find a good GP they trust and like
- Encourage your young person to get their own Medicare Card
- Place trust in your young person and their ability to make choices for themselves
- Be sure to give your young person emergency contact numbers so they stay safe and well
- Talk with your young person about how they can get information about topics like sex, pregnancy, drugs and alcohol. Adolescents with chronic conditions need a lot of information to stay safe.

GET THE FACTS




www.trapeze.org.au

9
Stages of Transition

These stages of transition are a general guide and will depend on the individual young person and their development.

Early Stage 12-14 years




- Starting transition early ensures a smoother leap between paediatric and adult care
- Your health care team can start to see you on your own for part of your appointment
- Feel free to ask questions about your condition, medications and treatment

Middle stage 14-16 years

- Preparing ahead before you transition will ensure peace of mind for you
- Learn more about your condition and how it affects you
- Quiz yourself on the Young Person Checklist to find out where you're at with your transition
- Develop a transition plan with your health care team and Trapeze
- Talk with your family/carers about becoming more independent
- Find out more about living with a chronic condition
- Get to know yourself better
- Learn healthy ways of coping with stress and anxiety
- Start making your own decisions for your healthcare
- Organise and plan health appointments on your own
- Apply for your own Medicare card
- Contact Trapeze if you would like to meet other young people with chronic conditions

Late stage 16-18 years

- At this stage of transition it is important that you are in control of your health care because this is your life
- Know your condition, your treatment, and what to do and who to contact if you are unwell
- Know about safe sex, drug and alcohol, and how to look after your mental health
- Get advice about education, work and relationships
- Speak to your school about how to apply for Special Consideration for exams
- Find out what financial benefits you are entitled to
- Find out if you can access the same medication and treatment in the adult hospital
- Find a GP you trust
- Think about your future plans and goals
- Make appointments and attend your first adult appointment
- Finalise your transition plan and store it in your device
- Quiz yourself on the Young Person Checklist to see if you're ready to make the move

GET THE FACTS




www.trapeze.org.au

10 Practical Tips For Health Professionals

Keeping young people at the centre of your clinical care
can foster independence and self-management.

1 Recognise young people's views are important. Ask them for their opinion in front of their parents and value their response.

2 Give them time - see young people by themselves from when they are ready, around 14 years old. Allocate 5-10 minutes of the consultation, and increase with subsequent appointments.

3 Check their psychosocial strengths and vulnerabilities and their impact on health. Complete a HEEADSSS interview.

4 Encourage good self-management - talk through how to recognise when they are unwell and what to do about it, including how to manage stress, low mood and anxiety.

5 Discuss how the balance of independence versus family/carer support changes with time and circumstances.

6 Normalise young people's exploration of limits/risk taking, altered sleep patterns, and changeable moods. This is an expected developmental stage and will change. Talk about safety measures, healthy sleep and eating habits and regular exercise.

7 Respect their privacy. Talk about confidentiality to enhance trust. Young people can provide informed consent from as young as 14 years old.

8 Give praise and constructive feedback; imbue optimism and enhance the positives while recognising challenging conditions.

9 Talk about puberty and its impact on their chronic condition.

GET THE
FACTS

1 2 3 4 5 6 7 8 9 10

www.trapeze.org.au

A great children's hospital, leading the way

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[Research](#)



Transition Support Service

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In this section

[Transition](#)

[Transition brochures](#)

[Transition resources](#)

[For young people and
parents](#)

[For health professionals](#)

[Contact Transition](#)

Contact us

RCH Transition Support Service
2nd Floor Clinical East Offices
The Royal Children's Hospital
50 Flemington Road
Parkville, Victoria, 3052

How to contact the RCH Transition Support Service


- Clinicians at The Royal Children's Hospital (RCH) may refer using EMR
- External clinicians may refer patients who are receiving medical care at the RCH by email on transition.support@rch.org.au
- Adolescents receiving medical care at the RCH and their parents may self-refer by email to transition.support@rch.org.au

Who we are

The RCH Transition Support Service is staffed by:

- Evelyn Culnane, Transition Manager (Monday–Friday)
- Jamie McCarthy, Transition Support Coordinator (Wednesday–Friday)
- Rebecca Peters, Transition Support Worker (Tuesday/Wednesday)
- Sharon Keeble, Transition Support Worker (Tuesday/Thursday)
- Pamela Linden, Transition Innovation Officer (Mon - Thurs 8.35 - 10.35am)
- Hayley Loftus, Transition Research Study Coordinator (Monday, Tuesday and alternate Fridays)





The Royal Children's
Hospital Melbourne

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Transition Support Service

RCH > Operations > Transition > Transition resources

In this section

Transition

Transition brochures

Transition resources

For young people and parents

For health professionals

Contact Transition

Transition resources

These are a range of topical fact sheets and checklists to assist young people with chronic health conditions and disabilities and their parents and carers transition from paediatric to adult health care.

Fact sheets

Basics for young people

Information about transition for young people with a chronic health condition and/or disability

Basics for parents/carers

General information about transition from paediatric to adult care for parents and carers

Differences in care

Helpful information on the differences between paediatric and adult health care and ways to manage this change

All about GPs

A helpful resource to assist young people in finding a good GP to manage ongoing care needs into adulthood

Checklists

Healthcare skills

Assists to understand the knowledge, skills and supports needed as they work through the transition process

Readiness to transfer

This checklist is a final reminder for young people of the knowledge and skills needed as they move to adult health care

Healthcare transition plan

A summary created by young people with details of medical care, the transition plan and goals

Transfer to adult services

A summary of medical diagnoses and transition care plan details

Self-referral letter

A summary of care and transition goals created by young people for their new adult health services