

# **BECOMING INDEPENDENT**

What you need to know to successfully transition from pediatric to adult medical care

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"To be honest, I was hoping for an Xbox."

## Managing Expectations

- Primary caregivers teach children the life skills needed to successfully move from childhood to adulthood
- Life skills include things like:
  - Money management
  - Cooking, cleaning, & other household chores
  - Education about drugs and alcohol use
  - Learning how to be active & healthy
  - Creating an education plan that includes post high school expectations and dreams
  - Learning how to drive
  - Developing social skills, friendships, & dating

## **Expectations in Life**



## Expectations for Medical Care

## Definition:

The planned and purposeful movement of adolescents and young adults from child-centered to adult centered-care

'A consensus statement on health care transitions of young adults with special health care needs.' *Pediatrics*. December 2002; 110 (6Pt2)" 1304-1306

# What is Health Care Transition?

In order for the process of transition to be successful 3 areas must be addressed:

**1. Envisioning a future**

**2. Age of responsibility** (6-12yrs) child learns & practices daily life & medical skills

**3. Adolescent/ young adult becomes independent** with life & medical care skills & learns how to have his/her life & medical needs met as an adult

Adapted from Emily Fredricks, PhD, University of Michigan, 'Psychological Aspects of Transition & Adherence'

**Transition is a PROCESS not an event**

## Why do this exercise?

1. Everyone has strengths
2. Important to recognize that we do not know the upper limits of a person's ability to grow and change
3. Sometimes our behavior & achievements are based upon perceived rather than actual strengths, skills, & resources

<http://www.socwel.ku.edu/Strengths/practice.shtml>

# Dreams for the Future

- Parent as 'manager' developing the foundation for future growth through teaching basic skills (ages 6-12/13 years)
- Adolescent becoming more independent, while the parent takes on more of a 'supervisor' role (ages 12/13 – 15 years)
- Adolescent is independent with parent acting as a consultant (16 years and up)

Adapted from Emily Fredricks, PhD, University of Michigan, 'Psychological Aspects of Transition & Adherence'

## **Age of Responsibility**



## Adolescent needs to know & understand medical condition and needs;

- Includes knowing medications, supplies, follow up appointments, lab work, replacement, etc
- Demonstrate ability to manage own health care
- Capacity to provide self care independently
- Understand how condition affects reproductive health & sexuality
- Understand health insurance coverage, disability benefits, financial needs
- Portable medical history
- Must want to move into adulthood

**Achieving Independence**

## Teenager:

- Developmental abilities
- Nonadherence, psychosocial factors

## Parent/Caregiver:

- Teen/ parent and other significant relationships
- Ability to support and cope with teen becoming independent

## Medical Team:

- Relationship with teenager and family
- Knowledge, training, & willingness to participate

## Healthcare System:

- Availability of appropriate adult medical providers
- Healthcare insurance & public policy

Adapted from Emily Fredricks, PhD, University of Michigan, 'Psychological Aspects of Transition & Adherence'

# Potential Barriers to Independence

- Recognize barriers & identify positive areas
- How do we help adolescents make good choices about their care and future?
- Provide adolescents with opportunities to take 'risks' in a controlled environment
- Understand how pediatric and adult care differ in services provided

**So who's really in charge?**

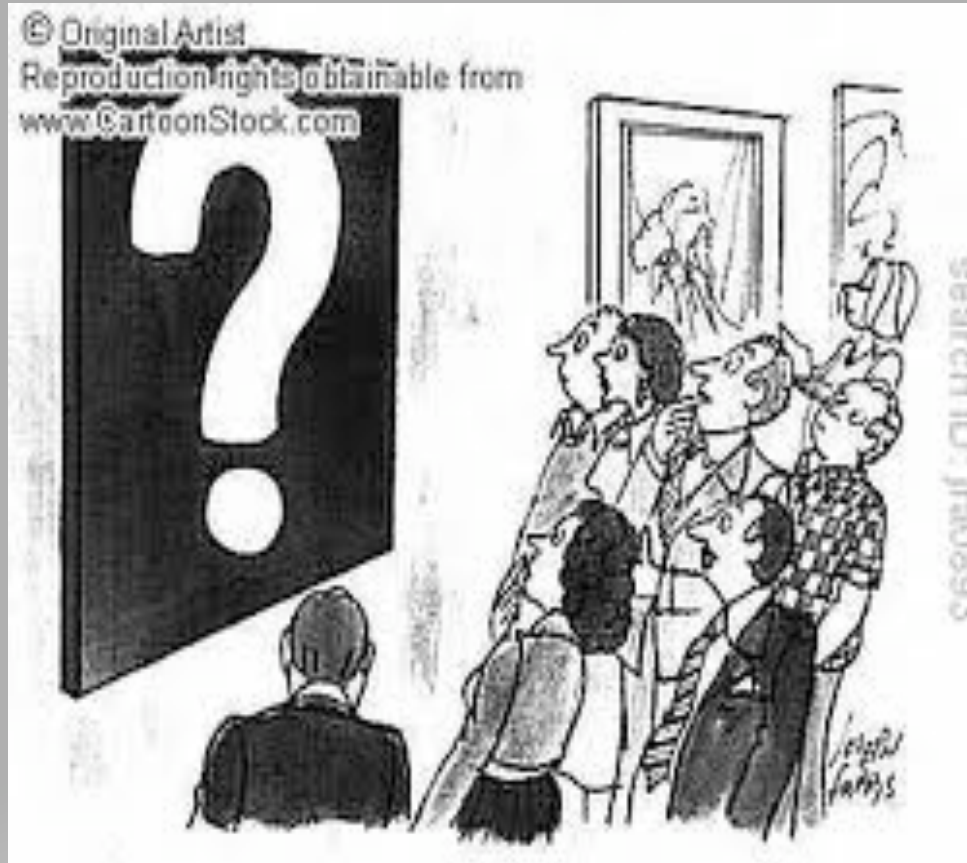
- Identify 1 medical area as your starting point
- Around age 14 years old teens and providers should spend part of the office visit meeting without parents
- Manage expectations:
  - What future do you want for your teen?
  - How can your teen be supported to succeed?
  - Identify how pediatric & adult care differs
- Find support from other teens & parents/caregivers who have moved to adult care

**A starting point?**

Give a man a fish and he'll eat for a day.

Teach him how to fish and he'll eat for a lifetime.

**Ending Thought**



**Questions?**