



# Bridging the Gap

## Incorporating Health Care Transition with Your Post-Secondary Transition Plan (PTP)



# Presenter

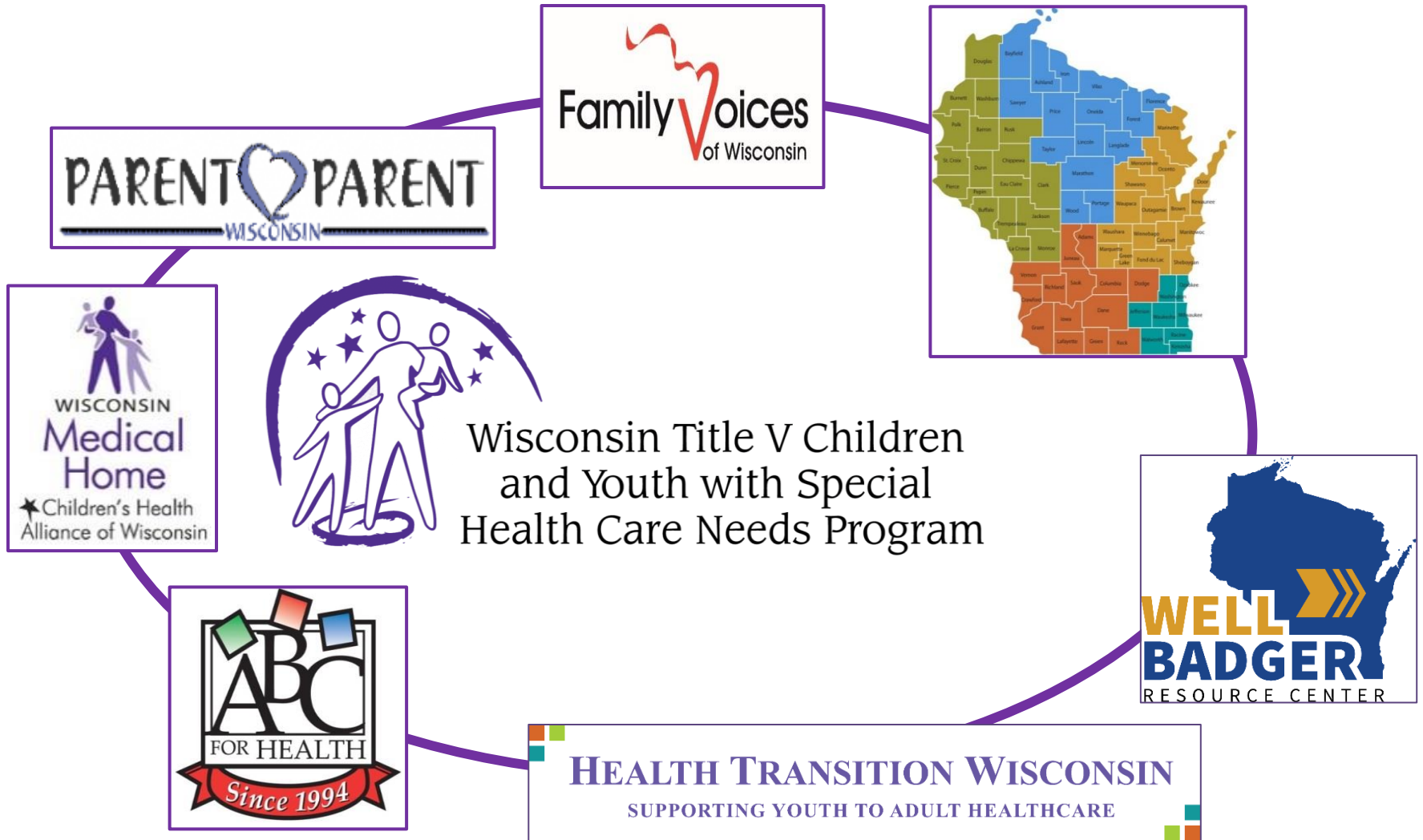
Tim Markle

Parent

Youth Health Transition Initiative

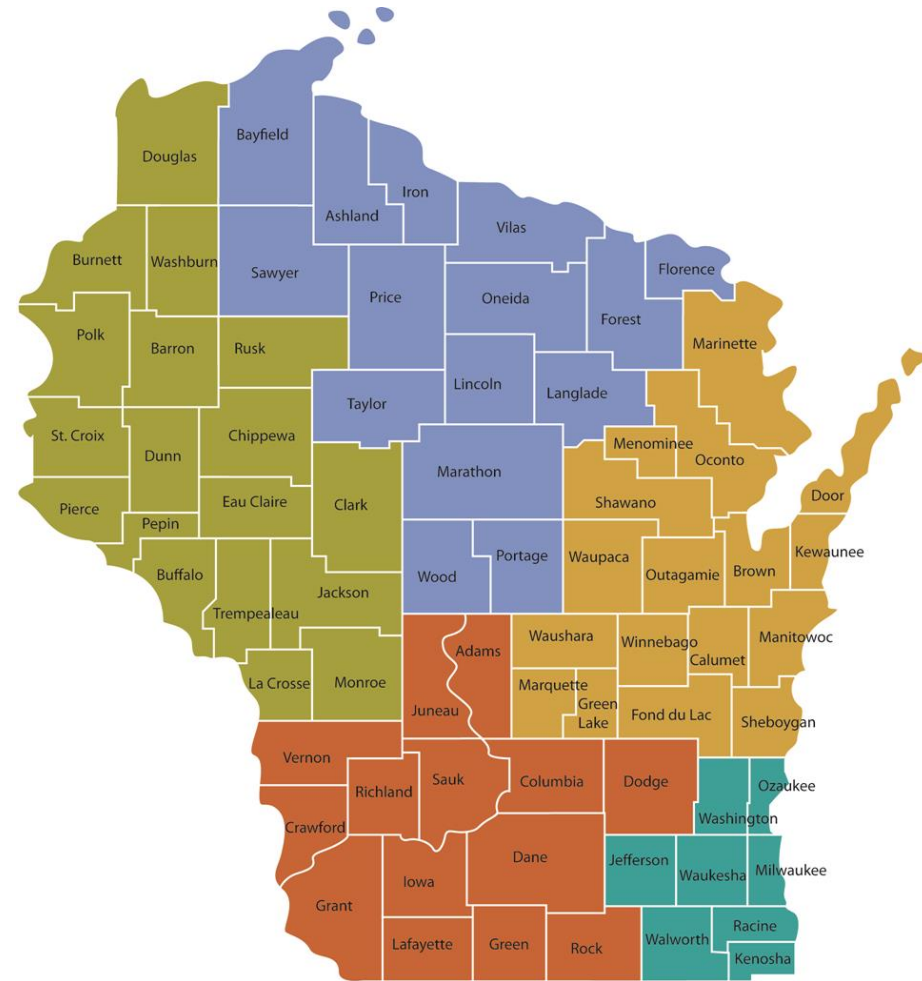
Children and Youth With Special Health Care  
Needs Southern Regional Center Director

# Primary Network in Wisconsin



# 5

## Regional Centers Wisconsin



# Statewide Initiative



# Where We're Going

1. What is Health Care Transition anyway?
2. Introduce the Transition Readiness Assessment for Parents & Youth
3. Introduce the Eight Tools for Health Care Transition
4. Discuss way to include health and health care discussions in the Post Secondary Transition Plan (PTP)



# Personal Story Time





# What is Health Care Transition?

Health care transition is the process of changing from a pediatric to an adult model of health care.

Got Transition website

<https://www.gottransition.org/providers/index.cfm>; accessed 2/5/19



Who needs to  
think about  
transition?

Teens who are, or  
will be turning 18,  
and their  
families/supports.

Especially if  
identified with  
a disability or  
health care need.

# Why is health so important?

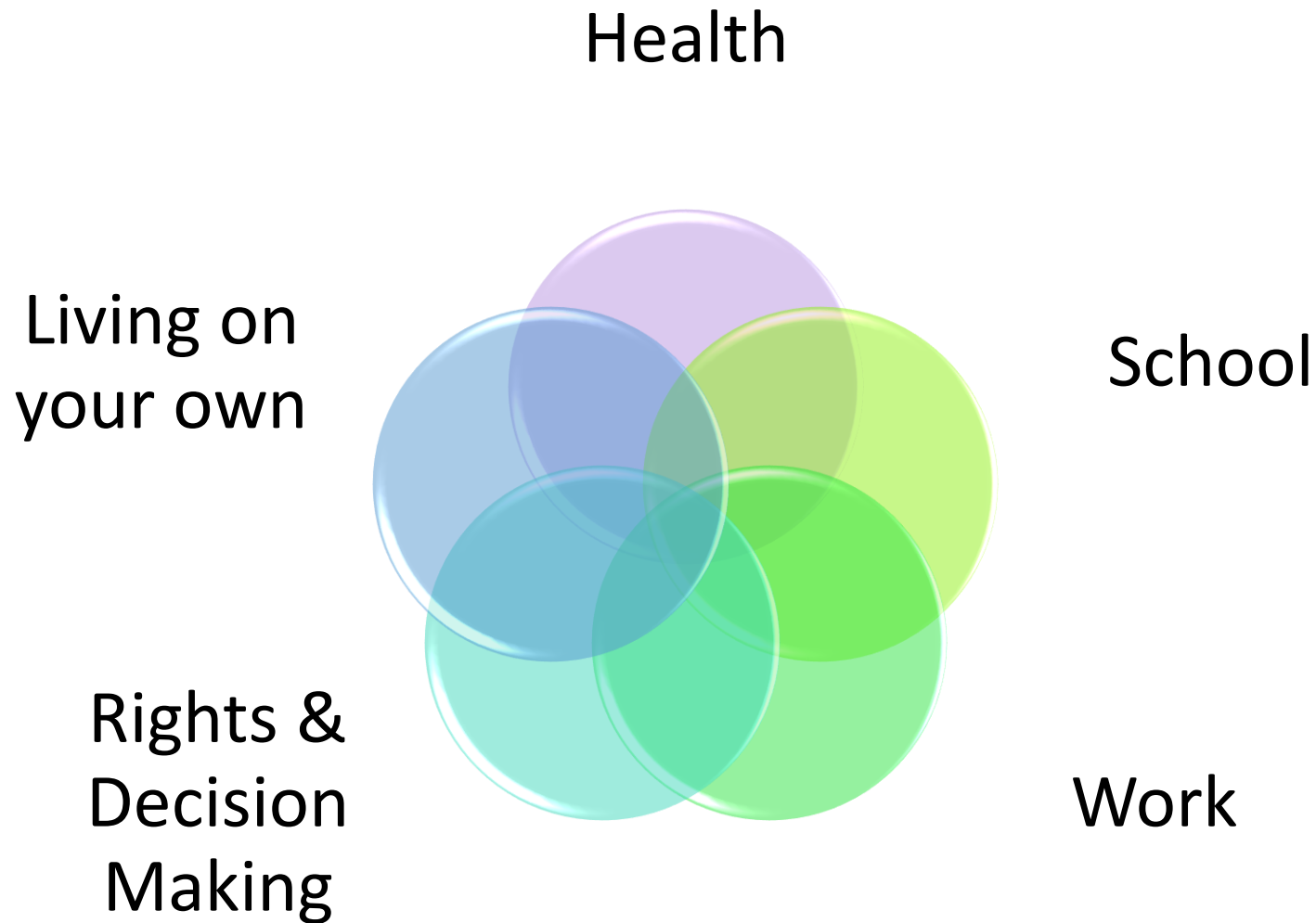
**Increased independence.**

**Success in day to day life.**

**Opportunity for secondary education.**

**Working.**

# Transition is a process



# Today we're focused on health



# Things to Consider

- **Decision-making**
  - Self-disclosure
  - Supported decision making
- **Health management**
  - knowledge of health condition(s)
  - care coordination
  - medication management
- **Health care providers**
  - pediatric & adult primary
  - specialty, hospital
- **Health care coverage**
  - private
  - public

# Tools & Resources

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# Tools

1. Readiness Assessment
2. Eight tools of Transition
3. Post Secondary Transition Plan



# Readiness Assessment

What do you already know about your health?



# Readiness Assessment

Put into PTP/IEP

## THE SIX CORE ELEMENTS OF HEALTH CARE TRANSITION™ 3.0

### Sample Transition Readiness Assessment for Youth

Please fill out this form to help us see what you already know about your health, how to use health care, and the areas you want to learn more about. If you need help with this form, please ask your parent/caregiver or doctor.

Preferred name \_\_\_\_\_ Legal name \_\_\_\_\_ Date of birth \_\_\_\_\_ Today's date \_\_\_\_\_

#### TRANSITION IMPORTANCE & CONFIDENCE Please circle the number that best describes how you feel now.

The transfer to adult health care usually takes place between the ages of 18 and 22.

How important is it to you to move to a doctor who cares for adults before age 22?

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  
not very

How confident do you feel about your ability to move to a doctor who cares for adults before age 22?

0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  
not very

#### MY HEALTH & HEALTH CARE Please check the answer that best applies now.

	NO	I WANT TO LEARN	YES
I can explain my health needs to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to ask questions when I do not understand what my doctor says.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my allergies to medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know my family medical history.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talk to the doctor instead of my parent/caregiver talking for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I see the doctor on my own during an appointment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know when and how to get emergency care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know where to get medical care when the doctor's office is closed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I carry important health information with me every day (e.g., insurance card, emergency contact information).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that when I turn 18, I have full privacy in my health care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know at least one other person who will support me with my health needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find my doctor's phone number.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to make and cancel my own doctor appointments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a way to get to my doctor's office.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get a summary of my medical information (e.g., online portal).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to fill out medical forms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to get a referral if I need it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what health insurance I have.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what I need to do to keep my health insurance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talk with my parent/caregiver about the health care transition process.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### MY MEDICINES If you do not take any medicines, please skip this section.

I know my own medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know when I need to take my medicines without someone telling me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to refill my medicines if and when I need to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### WHICH OF THE SKILLS LISTED ABOVE DO YOU MOST WANT TO WORK ON?

# Eight Health Tools



## Health Transition Wisconsin

Supporting Youth to Adult Health Care Transition

<https://healthtransitionwi.org/>

<https://healthtransitionwi.org/youth-families/>

Step-by-Step

Check out these additional resources to  
take charge of your health care!

Resources

Build Your Bridge Workbook

# Eight Health Tools

- Adult Providers
  - Decisions
  - Health Insurance
  - Emergency Contacts
  - Appointments
  - Medications
  - Health Summary
  - About Me



# Health & the IHP

## **IHP—Individual Health Plan**

- Developed in response to the healthcare needs of a student that affect or have the potential to affect safe & optimal school attendance & academic performance. (NASN 2013)
- Utilizes school nurses/care team
- Includes goals, expected outcomes to promote health, prevent disease or injury & enhance academic achievement.
- Living document of shared responsibility & communication

# Health & the IEP

- Are there health related goals that would help this student achieve academically?
- Are there health related goals that would help this student achieve a greater level of independence?
- Accommodations:
  - More frequent visits to bathroom or see nurse
  - Access to water
  - Snack to keep blood sugar up
  - Alarm on phone/watch
  - Extra time (fatigue)
  - Vision/hearing

# Health and the PTP

You can set goals for independent living in the PTP.

--Managing health care should be discussed.

## **PTP Demo Site**

<https://uasped.dpi.wi.gov/ptpdemo/Pages/DistrictMenu.aspx>

### Step 11:

Where appropriate, the PTP must contain a postsecondary goal(s) related to independent living skills. Does student have a need for a goal related to independent living skills? Is there a goal around health care?



# Health and the PTP

## Transition Improvement Grant (TIG)

<https://www.witig.org/>

**Yes, there is an app for that!**

<https://www.witig.org/witransition-app.html>

[www.witransition.com](http://www.witransition.com)



# Bridging the Gap

## Practical Application

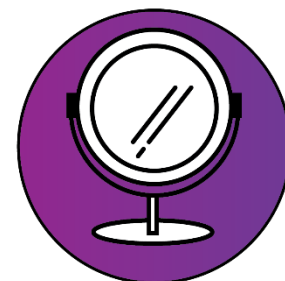
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# Health & the PTP

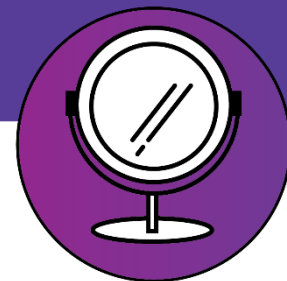
Numbers 5 and 6/Page 4:

- Encourage students to **attend and participate** in their IEP.
- Help student **come prepared with ideas** to share with team.



# Health & the PTP

Number 15 /Page 7:



- Classroom and accommodation or modification needs
- Disability rights and how they change for college and jobs
- Assistive technology needs for classes
- Finding paperwork to meet with college disability services
- Talking to my teachers about my disability
- Learning more about my strengths and becoming self-aware

# Health & the PTP

Number 16/Page 8:

- Extended time for tests
- Extended time for assignments
- Taking tests in alternate environment
- Preferential seating
- “Other” - talk about appropriate disclosure



# Health & the PTP

Number 17/Page 9:

Encourage knowing themselves and knowing their disability and answering “yes” so they can request appropriate accommodations under “other” such as breaks for medications, food, fluids, bathroom breaks, etc..



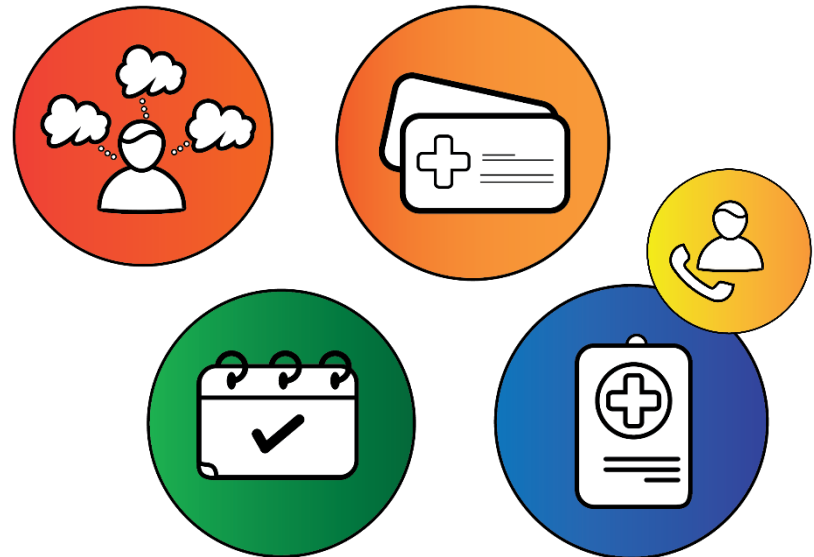
# Health & the PTP

Number 19/Page 10:

- I need help with the following to prepare for work ...
- DVR – often overlooked for health concerns
- Explain disability
- Paid work experience

Number 25/Page 12:

- Where do I want to live ...
- Independent living skills





# Health & the PTP

Number 27/Page 13:

- Having assessment of my independent living skills
- Making medical appointments and understanding my medications
- Finding therapy providers or counseling services
- Applying for adult services
- Gaining health and wellness skills

Learn how to be independent

And know what they are good at now...



Completing Got Transition's  
Readiness Assessment

Hands-On  
Opportunities

Application  
provided by TIG

Demo available on  
DPI

# Where to start?

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# Roles and Responsibilities

Youth	Parents	Educators
Talk	Talk	Ask
Ask Questions	Explain	Explain
Try it out	Limit involvement – where possible	Prepare- gradually increase student's independence

# Next Steps

- Have students complete readiness assessment;
- Start conversations
- Visit the Health Transition WI website
- Walk through a PTP with child/student using tools & resources discussed.

# Transition Resources



– National Resource

[www.gottransition.org](http://www.gottransition.org)



**HEALTH TRANSITION WISCONSIN**

SUPPORTING YOUTH TO ADULT HEALTHCARE



[www.healthtransitionwi.org](http://www.healthtransitionwi.org)

# Additional Tools & Resources

PATCH

Providers and Teens Communicating for  
Health

**[www.patch.org](http://www.patch.org)**

Self-Directed Health Care Kit

**[www.wi-bpdd.org](http://www.wi-bpdd.org)**



# Contact information

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Thank you!