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

Wisconsin Title V Children and Youth with Special Health Care Needs Program

- Parent Parent Wisconsin
- Family Voices of Wisconsin
- Wisconsin Medical Home Alliance of Wisconsin
- ABC for Health Since 1994
- Well Badger Resource Center
- Health Transition Wisconsin Supporting Youth to Adult Healthcare
Statewide Initiative

Health Transition Wisconsin
Supporting Youth to Adult Healthcare
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
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

**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.

<table>
<thead>
<tr>
<th>Preferred name</th>
<th>Legal name</th>
<th>Date of birth</th>
<th>Today’s date</th>
</tr>
</thead>
</table>

**Transition Importance & Confidence**

The transition 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?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>not</td>
<td>very</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>not</td>
<td>very</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**My Health & Health Care**

Please check the answer that best applies now.

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

**My Medicines**

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

<table>
<thead>
<tr>
<th>NO</th>
<th>I WANT TO LEARN</th>
<th>YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know my own medicines.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>I know when I need to take my medicines without someone telling me.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>I know how to refill my medicines if and when I need to.</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

**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
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
Bridging the Gap
Practical Application

#IRL
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.
• 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
Number 16/Page 8:

• Extended time for tests
• Extended time for assignments
• Taking tests in alternate environment
• Preferential seating
• “Other” - talk about appropriate disclosure
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..
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
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?
# Roles and Responsibilities

<table>
<thead>
<tr>
<th>Youth</th>
<th>Parents</th>
<th>Educators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk</td>
<td>Talk</td>
<td>Ask</td>
</tr>
<tr>
<td>Ask Questions</td>
<td>Explain</td>
<td>Explain</td>
</tr>
<tr>
<td>Try it out</td>
<td>Limit involvement – where possible</td>
<td>Prepare-gradually increase student’s independence</td>
</tr>
</tbody>
</table>
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

HEALTH TRANSITION WISCONSIN
SUPPORTING YOUTH TO ADULT HEALTHCARE

www.healthtransitionwi.org
Additional Tools & Resources

PATCH
Providers and Teens Communicating for Health

www.patch.org

Self-Directed Health Care Kit

www.wi-bpdd.org
Contact information

Tim Markle
Youth Health Transition Initiative
Waisman Center, UW-Madison
tmarkle@wisc.edu
608.262.8033
Thank you!