

Getting Ready for Youth Health Transition (YHT)

My Transition Plan

A transition plan is all about you, your health, and preparing for doing things on your own. When it comes to managing your health, it is important to let providers know what works for you and what doesn't. Your input is essential to your health and well-being. The most important thing to remember is that there is no 'wrong' way to do a transition plan! If you need help, get your family or a friend to give you a hand. Share your transition plan with your providers.

Start your transition plan with the checklist below. Use it to keep notes and contact information for referrals, add pages as needed.

I will begin to take charge of my health

- I will learn more about my health condition by talking to my health care providers and family.
- I will go to smoothmovesYHT.org and gottransition.org for information on transition.
- I will begin to take charge of my health. These are the skills I need to work on:
 - **Manage my medications**
 - **Schedule appointments**
 - **Order medicine from the pharmacy**
 - **Learn how to do my own medical treatments**
 - **Fill out medical forms**
 - **Learn how to stay healthy**
- I will ask my health care providers about meeting with them privately for part of my visit.
- At age 16-18, I will talk to my doctors about the transfer to adult health care providers (when will this happen and what providers they recommend) _____
- My personal transition goals and notes:

- For youth with disabilities or special health care needs - I will talk with my health care providers, IEP transition coordinator at school, and local resource organizations for transition guidance on:
 - **Health insurance and SSI**
 - **Education/job training after high school**
 - **independent or supported living**
 - **Medical/legal decisions at age 18**

For transition resources and peer-support, connect with the family peer-support organization in your state/region such as [Families Helping Families](#) or [Family Voices](#). For legal info check in with your state bar association or advocacy center.

If you live in Massachusetts or Louisiana and have a developmental disability, ExceptionalLives.org offers online personalized resource guides along with a resource directory. Everything is written in easy to understand language.