

## Health Care Financing

If your teenager is covered by your health insurance from work, you will need to find out when eligibility ends.

Your teenager may get health insurance through a job. Be sure to read the plan carefully to see what's covered and what's not.

Young adults at 18 years of age with special needs can apply for Medicaid under the Workers with Disabilities Program.

Working people with disabilities pay a certain amount each month to the state in order to keep their Medicaid benefits.

## Guardianship

If your teen will not be able to make decisions about medical care independently, you will need to go to court to obtain guardianship once your child reaches age 18. If you do not do this, only the young adult will be asked to give consent for medical care, hospitalizations, surgery and treatments.

## Supplemental Security Income (SSI)

SSI from the Social Security Administration may be available to your teen at age 18. You will need to apply

## Growing Up

## Health Care Transition

for

## Teens with Chronic Health

## Conditions



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Health Information and Education Center

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## What is Health Care Transition?

Health Care Transition is the planned movement of teens/young adults with special health care needs from child-centered to adult-oriented healthcare. This transition process includes an ongoing dialog aimed at educating teens/young adults about their chronic condition and promoting gradual independence, informed decision making and successful navigation of resources and support systems.

### PREPARE -

Plan to take time to help your teen learn and build new skills.

Ready yourself and your teen for change.

Expectations and settings will change. Begin planning how to meet new expectations and accommodations.

Practice building self-care skills, communication skills, self-advocacy skills and other skills needed for independence.

Ask healthcare providers to help.

Realize it is important for your teen to know about his/her own health care in order to reach his/her fullest potential.

Experience will help your teen to reach his/her potential for independence.

## How Can Your Teen's Primary Care Provider/Medical Home Help with Transition?

Starting when your teen is around age 12, they can:

- ♥ Assist your teen to take increasing responsibility for managing his/her chronic health condition, treatments and medications.
- ♥ Arrange to see your teen for both routine health promotion visits and chronic condition management visits.
- ♥ Assist your teen in understanding how lifestyle choices may affect his/her chronic health condition.
- ♥ Talk with your teen about how his/her role as a patient may change with an adult care provider.
- ♥ Talk with your teen about future adult health care needs and how these may change over time.
- ♥ Assist in identifying adult health care providers and facilitate the referral to the new provider.
- ♥ Provide a written transition medical summary for your teen and his/her adult health care provider.

## How Can Family Voices of North Dakota Help with Transition?

*We can:*

- ♥ Provide resources and referral information about of living arrangements, social/recreation opportunities, employment and guardianship, personal health and health insurance.
- ♥ Identify funding resources and referral information for post secondary education, assistive technology.
- ♥ Share information and a list of activities to help build self-care skills and independence.
- ♥ Provide resources such as our recordkeeping system for youth to assist in keeping track of their health

Give us a call today!

888-522-9654