

Transition Care: The Basics

Transition care is defined as the care of individuals as they move from childhood into adulthood and occurs in multiple settings; for example, from school to work and from pediatric to adult healthcare. The overall goal of transition is to improve a person's success in multiple facets of life such as working, living independently, and community living¹. Transitioning is an **active** process that focuses on the medical, psychosocial, and educational/vocational needs of adolescents and may involve multiple parties - including physicians, caregivers, the school system and possibly the legal system². It also involves giving the teen increased responsibilities in decision making, self-care and medical management.

Transition medicine is the deliberate, coordinated process of moving a patient from pediatric-oriented health care to adult-oriented health care with the goal of optimizing the young adult's ability to assume adult roles and function³

Medical transition involves multiple steps including:

- Transfer of care from pediatric physicians to adult providers
- Access to continuous health insurance coverage
- Acquisition of knowledge and skills to manage medical conditions
- Connecting to appropriate adult community resources

Transitioning is oftentimes difficult and medical conditions can make it even harder, but well-planned health transition facilitates transition in other areas like work, community, and school). Transition is an individualized process and occurs at different rates for every individual and family. Because of this, it is never too early to start thinking about the transition from the pediatric to the adult arenas²

Transition from pediatric to adult care is a process and oftentimes includes a team of providers including:

- Patient
- Family
- School system
- Physician
- Social worker
- Legal system

Transition involves coordinated planning for changes in various areas including living, vocation and health care.

¹http://www.illinoisworknet.com/vos_portal/Disabilities/en/Home/Youth/

² Transition from child-centered to adult health-care systems for adolescent with chronic conditions. A position paper of the Society for Adolescent Medicine. J Adolesc Health. 1993; 14:570-576.

³ A Consensus Statement On Health Care Transitions For Young Adults With Special Health Care Needs. American Academy of Pediatrics, American Academy of Family Physicians, American College of Physicians-American Society of Internal Medicine, 2002.