



Parents Helping Parents

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Pediatric to Adult Healthcare Transition

Transitioning from pediatric to adult healthcare can present unique challenges for people with disabilities and their caregivers:

- Will adult providers understand my/my young adult's disability?
- How do I/we prepare ourselves/our young adults to participate in healthcare appointments and decisions?
- Will the new provider and I/our young adults be able to communicate effectively?
- What's Supported Decision-Making?

What resources exist to assist with this essential step toward independence?

[Got Transition](#): resources include parent and youth health transition timelines, questions to ask doctors about transitioning to adult health care, and health care transition readiness quizzes for parents and youth.

A few highlights:

- [Resources & Research for Youth and Families](#) - including [National Resource Center for Supported Decision Making](#)
- [Turning 18: What it Means for Your Health \(En Espanol\)](#)
- [A Family Toolkit: Pediatric-to-Adult Health Care Transition \(En Espanol\)](#)

[The Office of Developmental Primary Care](#): resources include a guide on sexuality and sexual health, lectures and webinars from past UCSF Developmental Disabilities: Update for Health Professionals conferences, and the new guide - Partners in Health: Implementing Supported Healthcare Decision-Making for Users of Augmentative and Alternative Communication.

A few highlights:

- [Tips for Organizing Visits](#)
- Practical [Tracking Forms](#) (for medications, treatments, daily living skills, etc.)
- [Advice from Self-Advocates](#)

[PACER's National Parent Center on Transition and Employment](#) offers [Preparing for Adulthood: Taking Charge of My Own Health Care](#), a video series developed by PACER's Youth Advisory Board.

Vanderbilt University Medical Center offers [IDD Healthcare E-Toolkit](#) for primary care providers, and the [Center for Transition to Adult Health Care for Youth with Disabilities](#) is a national health care transition (HCT) resource center.