

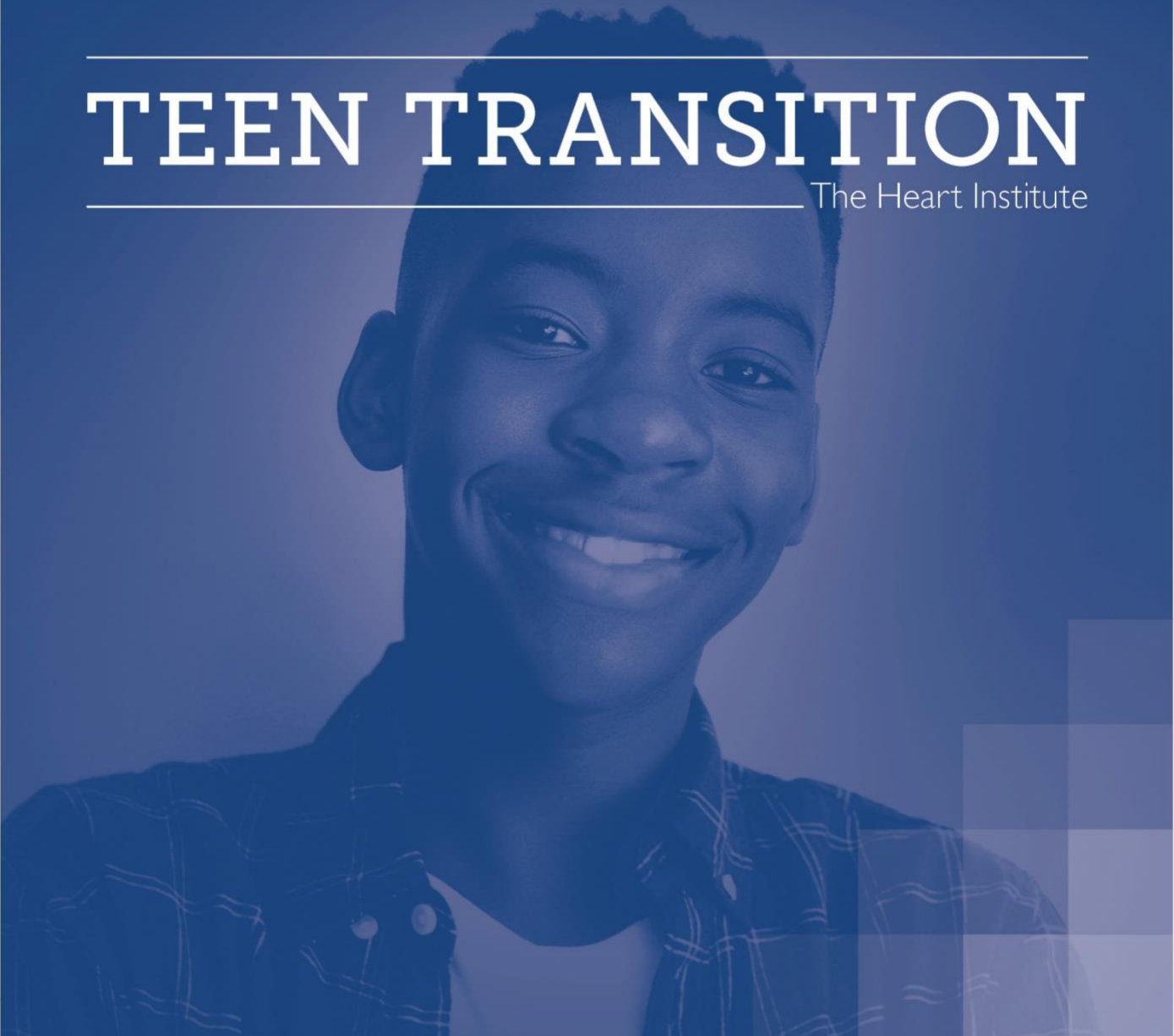


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# TEEN TRANSITION

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The Heart Institute



**JOHNS HOPKINS**  
MEDICINE

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**JOHNS HOPKINS**  
ALL CHILDREN'S HOSPITAL



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## What You Need to do to Prepare Yourself to Transition

As an adolescent/adult patient, you should learn as much as you can about your condition and your health care needs. You should do as much as you can to manage your healthcare needs on your own and actively participate in your healthcare. The doctors and nurses who provide your care will collaborate with you in this process.

**Key areas you should be able to successfully manage prior to transition:**

**You should know:**

- Your medical condition
- Your medications including names, purpose, dosage, potential side effects and interactions
- How to manage your own medications
- Your tests and what the results mean for your ongoing care
- Knows when to seek urgent/emergency medical care

**Develop Independence and Assertiveness:**

- Take personal responsibility for knowing your medication schedule and adhering to it
- Take responsibility for making your own appointments with the healthcare provider
- Self-report your history to the healthcare provider rather than relying on parents or caregivers
- Plan for the future (school, work, etc.)
- Prepares and asks questions to providers

**Health and Lifestyle:**

- Know the effects of drugs, alcohol and smoking
- Know the consequences of not following your medication regimen
- Know the concepts of a proper diet and exercise regimen
- Understand the impact of your health care on sexuality/relationships and fertility



# CHECKLIST

## FOR INDEPENDENT MANAGEMENT

### **Stage 1:**

#### **NEW KNOWLEDGE AND RESPONSIBILITIES**

The team will ask you questions about your health and medications. Try to answer questions about your health without help from your parents to gain independence.

- Y  N  I can describe my health condition
- Y  N  I can name my medications, the amount and times that I take them
- Y  N  I can describe the common side effects of my medications
- Y  N  I know my doctors' and coordinators' names and roles
- Y  N  I can use and read a thermometer
- Y  N  I can answer at least one question during my health care visit
- Y  N  I can describe how my health condition affects me on a daily basis

### **Stage 2:**

#### **BUILDING KNOWLEDGE AND PRACTICING INDEPENDENCE**

The team will start to see you alone for part of the visit. We will ask your parents to join you for at least half of the visit to review information, talk about the health care plan and answer any questions or concerns. When you take greater care of your health, you will gain more self-confidence and become prepared for increased independence.

- Y  N  I know the names and purposes of the tests that are done
- Y  N  I know my medical/surgical history
- Y  N  I understand my health condition and need for lifelong care
- Y  N  I can call my doctor's office to make or change an appointment
- Y  N  I've reviewed those topics covered in Stage 1 in more detail

## Stage 3: STARTING TO TAKE CHARGE

We will talk to you about plans after you finish high school and how job and career choices may impact you and your health. We will talk about when to transition to the adult team. You and your family will have a chance to meet with the adult team during a clinic visit.

- Y  N  I understand that I should check with my doctors or pharmacist before I take any medications, prescribed or over-the-counter, as they might interact with the medication(s)
- Y  N  I am alone with the health care provider or choose who is with me during the visit
- Y  N  I can tell someone my legal rights and responsibilities that I gain when I turn 18
- Y  N  I manage all my medical tasks outside the home (school, work)
- Y  N  I know how to get more information about my health
- Y  N  I can book my own appointments, refill prescriptions, and contact my medical team
- Y  N  I know how long I can be covered under my parents' health insurance plan and what I need to do to maintain coverage
- Y  N  I carry my insurance information (card) with me in my wallet/purse/backpack/phone
- Y  N  I continue to list medications and doses (bring your own medication list to clinic)
- Y  N  I have a good understanding of issues surrounding sexuality and reproductive issues
- Y  N  I have a good understanding of the effects of alcohol, drugs, caffeine and vaping have on my heart

## Stage 4: INDEPENDENCE

We expect you to call the clinic independently if there are changes in your health or to make an appointment. You manage your own medications and call for refills when needed. We will talk about how school, work, and lifestyle choices impact your health. During this stage, you will transition to the adult team with the exact timing being determined by you and your provider.

- Y  N  Independent clinic visits
- Y  N  Independent with medications
- Y  N  Continue to make healthy and common-sense choices about friends, drinking, and smoking
- Y  N  Independently monitor medications and supplies
- Y  N  Call pharmacy when refills are needed
- Y  N  Maintain knowledge of your insurance coverage
- Y  N  Know where your physician's office is located and how to contact them if you need them
- Y  N  Know when to seek urgent medical care



## HOW DO YOU KNOW WHEN IT IS TIME TO GRADUATE?

**If you answer 'yes' to these questions you are ready to graduate!**

- Do you take responsibility for your own care most of the time? YES
- When you give the team your health history, does it sound the same as what your parents tell the team? YES
- Do you take your medications without your parents reminding you? YES
- Can you tell the team when you are not feeling well or if you have any concerns? YES
- Do you speak directly with your medical team? YES
- Do you know when you need refills for your medication? Do you call the pharmacy? YES
- Do you have a plan for your future, such as college or work? YES
- Do you know what to do in an emergency? YES
- Do you feel prepared to take control of your own health? YES

# PLANNING FOR LIFE AFTER HIGH SCHOOL SHOULD BEGIN WHILE YOU ARE STILL IN SCHOOL

**What you learn in school becomes essential to living as an adult. Going to school regularly is important to learning and preparing for your future.**

## **Become a part of the planning team for your education.**

- Start files to keep track of your courses, grades, favorite subjects, special interests and projects.
- If you have an IEP or 504 plan, know what it states.

## **Make sure that you know your educational plans and have set goals.**

- Talk to your school counselor about graduation requirements and courses necessary for college or employment choices.

## **Continuing your education**

- Take your ACT or SAT exams during your junior year.
- Decide which college or vocational training school you want to attend.
- Learn how to complete entrance applications and when they are due.
- Find out about financial assistance or scholarships available to you.
- Visit campuses to determine if they will meet your special health or accommodation needs.
- Talk with a disability services counselor in advance for assistance.

## **Going to work**

- Speak with your school or vocational counselor.
- Consider job shadowing.
- Find out where you can get job training. Volunteer work is great experience.
- Keep records of all your volunteer and paid jobs.
- Work with your school counselor to create a resume.



# INSURANCE INFORMATION

## How To Get Health Insurance

- If you are under your parent's insurance plan, ask your parents how long you will be covered on their plans.
- If you are attending or planning to attend college, ask if the school has a student health insurance plan.
- Talk to your parents about the possibility of using COBRA to stay on their insurance plan. For more information about COBRA Visit [cobrainurance.com/COBRA\\_FAQ.htm](http://cobrainurance.com/COBRA_FAQ.htm)
- If you qualify for Social Security Income (SSI), you likely qualify for Medicaid.
- Local resources can be found at the Department of Health and Human Services: [ssa.gov](http://ssa.gov)
- Look for jobs with health insurance as an employee benefit.

## Questions to consider when picking an insurance plan.

Call the insurance member services telephone number to ask these questions or read the insurance company's plan of benefits.

- Is my current doctor a provider for this plan?
- Is John Hopkins in-network for this insurance?
- Does this plan cover "pre-existing conditions?"
- If there are insurance premiums, can I afford to pay them?
- What is the total out-of-pocket costs for the different plans?
- Will this plan pay for my medications?
- If I were to require a transplant in the future will this insurance cover organ transplant?



## Contact Information

For more information about the Teen Care Transition Program  
please call 727-767-3333



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