



A Family Toolkit: Pediatric-to-Adult Health Care Transition

Health care transition, or HCT, is the process of moving from a child/family-centered model of health care to an adult/patient-centered model of health care, with or without transferring to a new clinician. It involves planning, transfer, and integration into adult-centered health care. The goals of health care transition are:

- 1) To improve the ability of youth and young adults with and without special health care needs to manage their own health care and effectively use health services, and
- 2) To ensure an organized process in pediatric and adult health care practices to facilitate transition preparation, transfer of care, and integration into adult-centered health care.

Got Transition, a program of The National Alliance to Advance Adolescent Health, is the federally funded national resource center on HCT. With its National Family Health Care Transition Advisory Group, Got Transition has developed a new toolkit for families to use to guide their youth's transition from pediatric to adult care. Join us in sharing this new family toolkit using the sample newsletter and social media posts below!

Sample Newsletter Text

Got Transition and its National Family Health Care Transition Advisory Group have developed a new toolkit for families to use to guide their youth's transition from pediatric to adult health care. The [Family Toolkit](#) includes easy-to-use resources for youth and families to help youth assume more independence in taking care of their own health and using health services. Materials include a transition timeline, questions to ask your doctor, what turning 18 means for one's health, and more! Got Transition hosted a webinar on October 27th to discuss the toolkit. Watch the hour-long webinar to learn more about the toolkit and hear from a parent of a transition-aged young adult about her transition experience. Watch it [here](#)!

Sample Tweets

NEW: Got Transition and its National Family Advisory Group have released a new [#HealthCareTransition](#) Family Toolkit with HCT tools for youth and families. Check out the new family toolkit at <https://www.gottransition.org/resource/hct-family-toolkit>.

NEW: Got Transition's new [#HealthCareTransition](#) Family Toolkit helps youth and families during the transition to adult care. The toolkit includes a timeline, questions to ask your doctor, and more! Check it out at <https://www.gottransition.org/resource/hct-family-toolkit>.

Looking for transition resources? Check out Got Transition’s new family toolkit with [#HealthCareTransition](#) tools youth and families can use during the transition to adult care. Download it for free at <https://www.gottransition.org/resource/hct-family-toolkit>. New from Got Transition: A Family [#HealthCareTransition](#) Toolkit for parents and caregivers to help their child build self-care skills and prepare them for the transition from pediatric to adult care. Check it out at <https://www.gottransition.org/resource/hct-family-toolkit>.

Got Transition held an engaging webinar on 10/27/20 to discuss its exciting new Family [#HealthCareTransition](#) Toolkit. Watch the hour-long webinar to learn more about resources for families to use to guide their youth through the transition to adult health care, and hear from a parent of a transition-aged young adult about her transition experience. Watch it at <https://www.youtube.com/watch?v=Tn5jb7suJQk&feature=youtu.be>

Twitter Graphic:



[To download the graphics, right-click the image and select “Save to Keep.” The image will pop up in the “Keep Notes” tab (yellow lightbulb icon on right of screen). Right-click that image and ‘Save image as...’ to your computer. Use the graphic when posting to Twitter, Facebook, LinkedIn, or elsewhere!]

Sample Facebook Posts

Got Transition has created a new Family Toolkit for youth and families to use during the transition from pediatric to adult care. The toolkit includes a health care transition timeline, questions for youth and families to ask their doctor, readiness assessments, a tip sheet about the differences between pediatric and adult care, and many more!

<https://gottransition.org/resource/hct-family-toolkit>

Transitioning to adult care involves youth and young adults taking charge of their own health and health care. To learn more about transition, the differences between pediatric and adult care, and how you and your child can prepare to make the move to adult care, check out the tools in Got Transition's new Health Care Transition Family Toolkit.

<https://gottransition.org/resource/hct-family-toolkit>

Wondering how you can help your child prepare for adult care? A new Family Toolkit from Got Transition has resources for you! In the toolkit, you can find a health care transition timeline, questions for you and your child to ask their doctor, a tip sheet about the differences between pediatric and adult care, and many more! <https://gottransition.org/resource/hct-family-toolkit>

Sample LinkedIn Posts

Thinking about the transition from pediatric to adult care? A new Family Toolkit from Got Transition has resources for families to use to guide their youth throughout the process. Download it on Got Transition's website at <https://www.gottransition.org/resource/hct-family-toolkit>. [#HealthCareTransition](#)

Transitioning from pediatric to adult care is a huge step for every youth and young adult. A new Family Toolkit from Got Transition has resources that can make this transition easier for youth and families. Resources include a health care transition timeline, questions for youth and families to ask their doctor, readiness assessments, a tip sheet about the differences between pediatric and adult care, and more. Download it on Got Transition's website at <https://www.gottransition.org/resource/hct-family-toolkit>. [#HealthCareTransition](#)

Got Transition held an engaging webinar on 10/27/20 to discuss its exciting new Family [#HealthCareTransition](#) Toolkit. Watch the hour-long webinar to learn more about resources for families to use to guide their youth through the transition to adult health care, and hear from a parent of a transition-aged young adult about her transition experience. Watch it at <https://www.youtube.com/watch?v=Tn5jb7suJQk&feature=youtu.be>

Facebook/LinkedIn Graphic:

Need help preparing your child for adult health care?



New Family Toolkit includes timelines, readiness assessments, questions to ask your doctor, and more!

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New Family Toolkit includes timelines, readiness assessments, questions to ask your doctor, and more!

Health Care Transition Quiz for Parents/Caregivers

Sample Facebook Posts

Transitioning to adult care is a big step for youth and young adults. Like going to college, getting a job, or living on their own, health care transition takes preparation and self-advocacy. Take Got Transition's quiz today to answer the question: is your child ready to transition to adult health care? #HealthCareTransition <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

Watching your child grow up means helping them take on more responsibilities in their life, including their health and health care. Is your child ready to transition to adult health care and manage their own health and health care? Find out today! #HealthCareTransition <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

Got Transition has a Health Care Transition Quiz for parents/caregivers to find out how ready their child is to transition to adult care. The quiz asks key questions to help families prepare for changes that happen between ages 18 and 22. The quiz includes tips and linked resources to support parents/caregivers in becoming advocates for their child. The resources include information on how to add medical information to a smartphone, what legal changes occur at age 18, how to sign up for health insurance, and more. #HealthCareTransition <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

Sample Tweets

General

- TWEET #1: Is your child ready to transition to adult health care? Find out now! #HealthCareTransition <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>
- TWEET #2: Is your child ready to transition to adult health care? Take this quiz to learn what health care skills they can work on. #HealthCareTransition <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

Why Transition? I help my child take care of their own health/manage their own health because...

- TWEET #1: Why should your child take charge of their health? To be able to go to college, get a job, and live on their own! See if they are ready to transition to adult health care and manage their own health: <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>
- TWEET #2: Taking charge of their own health can help your child become more independent and a confident self-advocate. Take this quiz to see if they're ready to transition to adult health care. #HealthCareTransition <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

What's in it for me and my child?

- TWEET #1: What's in it for your youth to take charge of their own health? Independence and empowerment! See if your child is ready to transition to adult health care. #HealthCareTransition <https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

- TWEET #2: Transitioning to adult care helps youth and young adults become empowered and independent. Take this quiz to see if your child is ready! #HealthCareTransition
<https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

Take Charge of Their Life, Take Charge of Their Health

- TWEET #1: It can be empowering for your youth to be their own advocate, even if it feels overwhelming at first. Take this quiz to see if your child is ready to transition to adult health care. #HealthCareTransition
<https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>
- TWEET #2: Encouraging your youth to take charge of their health can be starting point for other life transitions (college, job, independent living) – Take this quiz to see if your child is ready to transition to adult health care NOW! #HealthCareTransition
<https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>

Changing Roles

- TWEET #1: Managing your own health care is part of growing up. See if your child is ready manage their health and transition to adult care by taking this quiz. #HealthCareTransition
<https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>
- TWEET #2: Parents: Your youth can be more independent by calling their dr. to make an appt or filling their own Rx's -- Is your child ready to take a more active role in their transition to adult care? #HealthCareTransition
<https://www.gottransition.org/parents-caregivers/hct-quiz.cfm>