

If you are 16 years or older, it's time to develop the following routines and skills to prepare you for adult care – that's if you haven't started already! Taking responsibility now will help you transition successfully to adult care when you are older.

## Transitioning to adult care (Ages 16 and up)

### General

- Become a mentor for younger children.
- Begin to think of yourself as a role model.
- Explore continuation of special funding or drug plan coverage, as some programs end at the age of 18.



### Social and physical

- Participate in community programs for adults that match your interests.
- Keep in touch with friends from high school or camp and make plans with them.
- Join teams or committees at your school.
- Talk about relationships and sexuality with someone you trust.

### Self-care

- Keep a record of tests, procedures and medications.
- Plan for where you will have blood work done and where you will fill prescriptions if you move away from home.
- Begin responding to Easy Call messages.
- Make sure your healthcare team always has your current contact information.

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### **Education**

- Going to college or university? Register with the special needs office if appropriate.
- Looking for work? Go for career counselling, shadow someone at their job or attend a job fair.
- Research your medical condition. Contact others who have already transitioned to adult care.
- Review your college or university workload - is it the right amount for you, too little or too much?

### **Medical**

- Know who to call in an emergency.
- Visit an adult healthcare centre or attend a “transition day” there.
- Get a summary of your medical record.
- Seek out supportive people in your life to help you keep on track with taking medications, and getting bloodwork and provide support at medical appointments.
- Use a calendar system to track appointment dates for bloodwork.
- Update MyHealth Passport.
- Transfer to an adult healthcare facility.