

*Institute for*  
**Person-Centered  
PRACTICES**



**Person Centered Planning  
Better Lives, Not Just Better Paper**

*Presented by:*

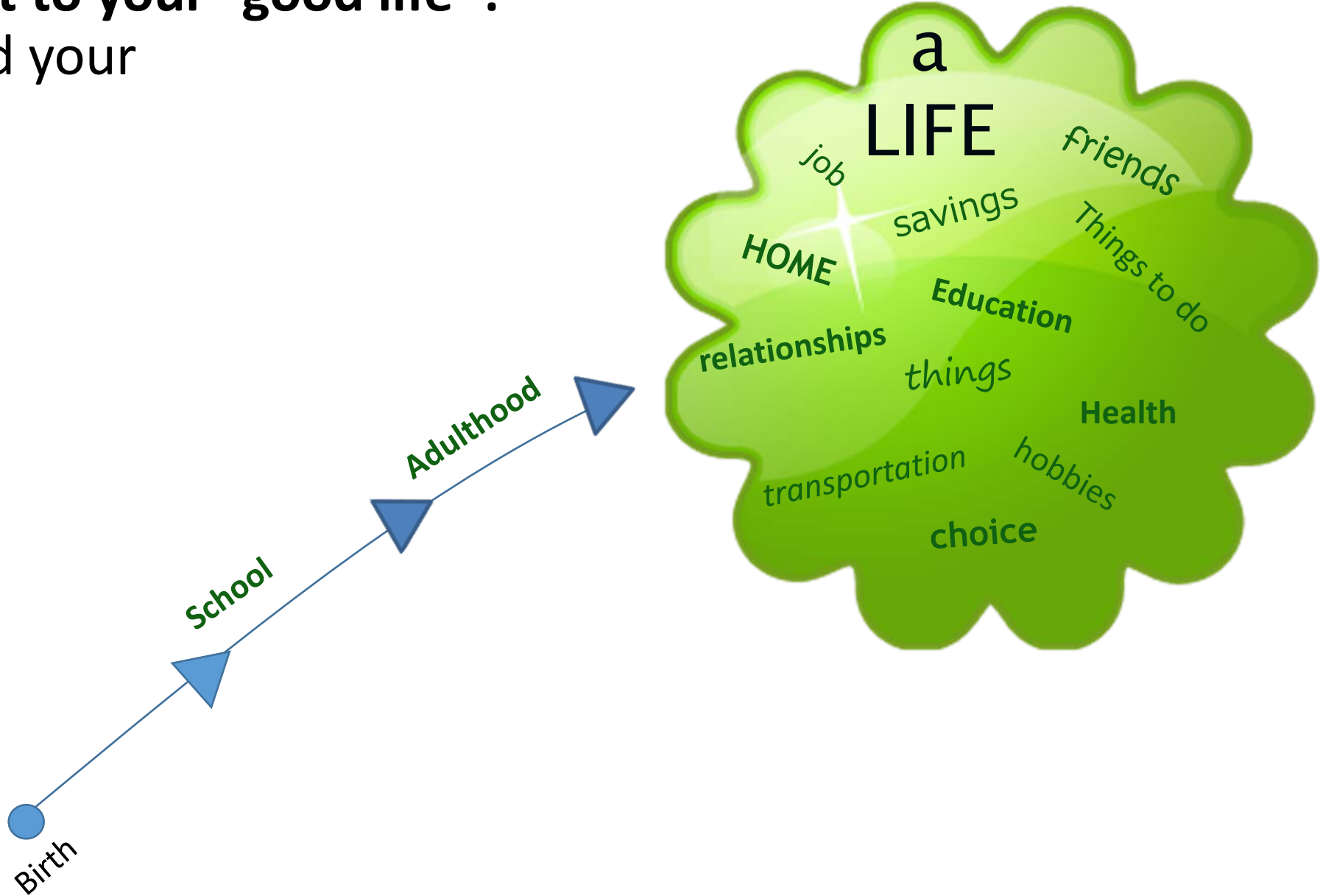
*Laura G. Buckner, M.Ed., L.P.C., M.O.M.*

**The Institute on Person Centered Practices**

A Collaborative Partnership with  
The Center on Disability Studies at the University of Texas and  
The Center on Disability and Development at Texas A&M University

# How did you get to your "good life"?

What influenced your trajectory?

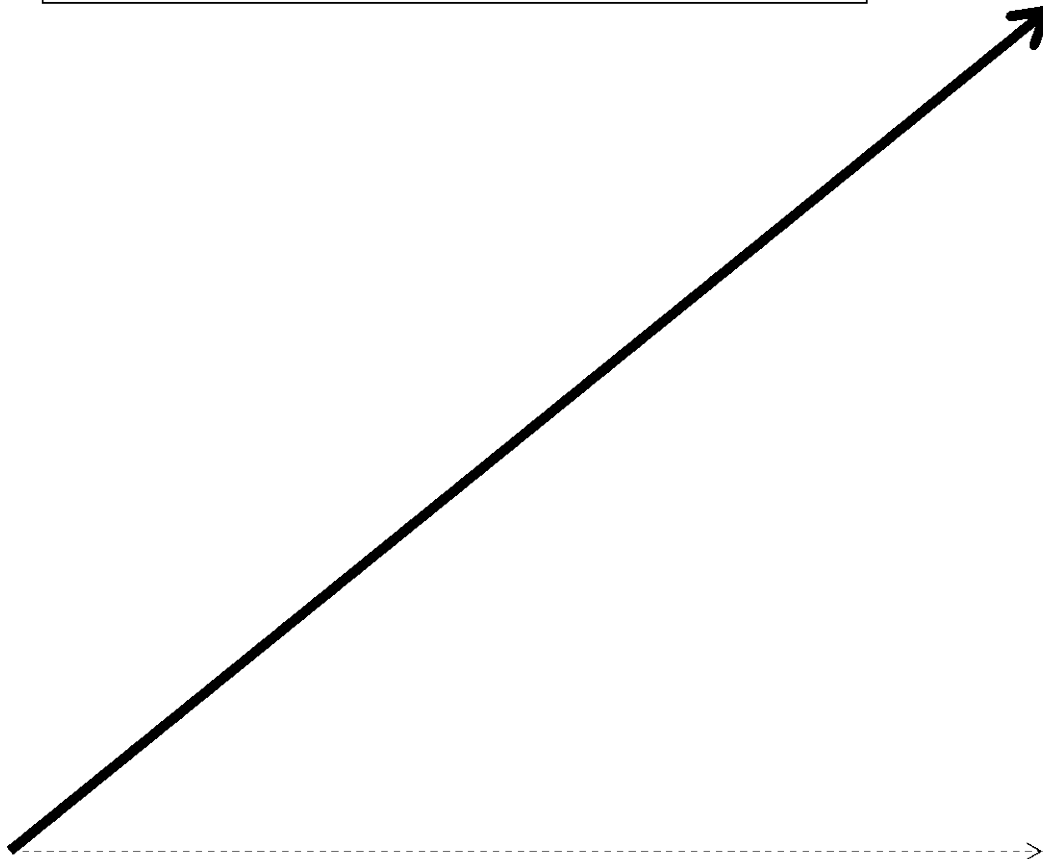


# CHARTING the life course



## Life Trajectory Worksheet: Individual

Everyone wants a good life. The bubbles on the right will help you think about what a good life means for you or your family member, and identifying what you know you don't want. You can use the space around the arrows to think about current or needed life experiences that help point you in the direction of your good life.



VISION for a GOOD LIFE

What I DON'T Want

# Introducing the Core Concept:

IMPORTANT TO  
AND  
IMPORTANT FOR  
AND  
THE BALANCE BETWEEN THEM



# Important *TO*

What is important to a person includes those things in life which help us to be satisfied, content, comforted, fulfilled, and happy. It includes:

- People to be with /relationships
- Status and control
- Things to do and places to go
- Rituals or routines
- Rhythm or pace of life
- Things to have



**Transition planning between youth, family, and provider has been associated with improvements in satisfaction, continuity of care, and greater adherence to care.**  
Gabriel et al., 2017; McDeragh et al., 2021; Engstler et al., 2020

**News & Announcements**

**Are you ready to transition to adult health care?**

**Take Our Quiz!**

**Annual Transition Conference Sets the Date and Call for Abstracts**

Two annual conferences on health care transition will be held in late October in Washington, DC.

**New Got Transition Webinar Series**

Registration is open for Got Transition's new webinar series, "Health Care Transition & Title V Care Coordination Initiatives." [more](#)

**AAP Transition ECHO**

The American Academy of Pediatrics Transition ECHO offers a virtualized solution to health care transition issues. [more](#)

**New Transition of Care Video Series for Pediatrics**

The Child Neurology Foundation has released a new "Transition of Care" video series that shows the journey of patients through complex care of national transition experts. [more](#)

**New Report Analyzes Health Care Transition in Care Coordination Programs**

Got Transition's recent report examines ICT efforts in state Title V care coordination programs. [more](#)

**Got Transition Publishes Systematic Review on Transition**

Got Transition has published a systematic review of pediatric-to-adult transition studies in the journal of Pediatric Research. [more](#)

**SAHM's New Adolescent Medicine Resident Curriculum on Transition**

The Society for Adolescent Health and Medicine (SAHM) has released a new Adolescent Medicine Resident Curriculum, with 100 of its core resident modules dedicated to Transition to Adult Care. [more](#)

**Exam CME Credits in Transition**

To see where the Got Continuing Medical Education (CME) course on health care transition available. [more](#)

**New Tip Sheet Links 2017 Patient-Centered Medical Home Standards with Six Core Elements**

Got Transition released a new tip sheet that cross-references the Six Core Elements with the 2017 Patient-Centered Medical Home Standards from the National Committee on Quality Assurance (NCQA). [more](#)

**Standards for Systems of Care for CYSSAC Examined and Updated**

ABCDF is partnering with NACAP and the Lucile Packard Foundation for Children's Health, "has released an updated Standards for Systems of Care for Children and Youth with Special Health Care Needs." [more](#)

**The National Alliance to Lead Transition Payment Transition**

The Lucile Packard Foundation for Children's Health recently funded The National Alliance to Lead an expert committee of public and private payers and health plan leaders to develop recommendations and action steps for addressing payment transitions in pediatric-to-adult transition care. [more](#)

**New 2017 Transition Coding and Reimbursement Tip Sheet Available**

Got Transition and the American Academy of Pediatrics released a new 2017 Transition Coding and Reimbursement Tip Sheet, with updated CPT codes, fee schedules, and new clinical vignettes. [more](#)

**NCMS Releases Young Person's Guide to Health Care Transition**

The National Collaborative on Workforce and Disability has released a new report for youth transitioning from pediatric to adult health care. [more](#)

**Report on Innovative State Title V Transition Efforts**

A Got Transition report examines innovative transition strategies and measures from 32 State Title V programs, including information on current performance measures. [more](#)

**ACP Releases New Transition Tools for Pediatric to Adult Health Care Transition**

American College of Physicians' Council of Subspecialty Societies in collaboration with Got Transition, the Society for General Internal Medicine, and the National Adolescent Health and Medicine Research Institute developed tools to optimize more effective transition and transfer of young adults with chronic conditions into adult health care. [more](#)

**Two Reports on 32 States Selecting Health Care Transition as a State Public Health Priority**

Two Got Transition reports analyze the FY 2018 State Title V Action Plans from the 32 states that have selected transition as one of their priorities to address over the next five years. [more](#)

**Tip Sheet for Adult Providers Incorporating Young Adults with I/DD into Their Practices**

Got Transition has released a tip sheet to guide adult providers in receiving new young adult patients with intellectual and developmental disabilities into their practices. [more](#)

**Tip Sheet Available for Transition Improvement Practices**

Got Transition has created a new set of tools and resources to assist in starting a Transition Improvement process. [more](#)

**Incorporating Transition into Electronic Health Record Software: A Survey of Expert Opinions**

have report from Got Transition on experts' efforts of incorporating transition into their EHR systems. [more](#)

**Health Care Providers**

Find out about how to implement health care transition quality improvement in your practice or plan using the new Six Core Elements of Health Care Transition (2.2). Download accompanying clinical resources and measurement tools for use in any setting.



**Customize the Six Core Elements of Health Care Transition to meet your patients' and practice's needs!**

**Condition-Specific Transition Toolkit from the ACP Packables to Adult Care Transitions Initiative**

[See our Health Care Transition Resources page](#)

**Youth & Families**

Hear what young adult and parent experts have to say about common transition questions and discover new resources to make this process work easier.



**Turning 18: What It Means for Your Health**

The "Medical ID" Features on Apple's Health app

The "Medical ID" app for Android phones

**Researchers & Policymakers**

Find new transition policy developments, research and measurement approaches, and federal and state transition initiatives.



**NEW Got Transition Webinar Series**

2017 Report on Innovative State Title V Transition Efforts

State Title V Transition Information and Resources



**About the Contributors**



**Eileen**  
Eileen is a nationally recognized leader in health care transition from the parent and family perspective. A parent of four children, Eileen's journey with her 22-year-old daughter Holly, who has multiple complex health care needs, has helped her develop expertise in health care transition.



**Christopher**  
Christopher is a proud Washingtonian who has been a quadriplegic since 2008. He's living and loving life, currently working as an outreach representative in DC.



**Malory**  
Malory is a grad student who has had many roles. She has a rare digestive disorder and loves helping fellow young adults with special needs take charge of their health and achieve their full potential.



**Teresa**  
Teresa, a grad student, has been involved with health care transition since 2008. She has a rare genetic disorder called Cystic Fibrosis and believes in the importance of self-advocacy and youth empowerment.



**TajMeika**  
TajMeika is the mother of three daughters, one of whom is medically complex with multiple special needs. As a parent navigator at a children's hospital, she has extensive experience working with young adults, their parents, and providers to transition young adults to adult-oriented care.



**Yan**  
Yan is an advocate for children with special needs. A parent of a young adult with Autism and a parent navigator for a children's hospital, Yan is passionate in helping families and their children.

**Youth & Families**

[[En Español](#)]

**What Is Health Care Transition?**

Health care transition is the process of getting ready for health care as an adult. During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility. Achieving this independence requires an organized transition process to gain independent health care skills, prepare for an adult model of care, and transfer to new providers. There are several steps you can take to make sure the transition to adult health care goes smoothly. Be sure to also check out our Resources section for additional information.



**Are you ready to transition to adult care?**

Transitioning to adult care is a big step for a youth or young adult. Like going to college, getting a job, or going to live on your own, health care transition takes preparation and self-advocacy.

[Take our quiz to see if you are ready!](#)

**Health Care Transition FAQs**

Transitioning from childhood to adulthood is exciting and challenging—both as a young person and as a parent of a young person. Preparing for health care transition often receives less attention than preparing for other transitions in school, work, relationships, and independent living. We're here to help you know everything you need to about health care transition. Below is a set of Frequently Asked Questions with answers provided by experienced youth, young adults, and parents. The questions are organized into six steps:



**discovering: learn about your provider's approach to transition**

- What should I be asking my health care provider about transition?
- I go to a pediatric provider; why do I have to change?
- My doctor is a family medicine doctor who I plan to stay with as an adult, so why do I have to think about transitioning?

**tracking: know your own health information**

- How can I keep track of my health care information?
- What should I bring with me to my appointments?

**preparing: learn to manage your own health care**

- At what age should I start thinking about transition?
- How do I become more in charge of my own health care?
- As a parent, how can I prepare to "let go" of managing my child's health care?

**planning: get ready for adult health care**

- As I turn 18, what legal changes in health care do I need to know about?
- If my child needs help with making health care decisions, what are our options?
- How do I find a new adult provider, and how do I know if they are a good fit for me?
- What should I know about my health insurance?
- Will Medicaid coverage change for my child when he/she turns 19? What about coverage under the Children's Health Insurance Plan?
- Transitioning to adulthood can be stressful. How can I take care of my mental health?
- I am planning on going to college. How can I transition my health care to my new college?
- What about other aspects of transitioning into adulthood?

**transferring: make the change to an adult provider**

- What information does my current health care provider need to send to my new provider? How can I help?
- How is adult health care likely to be different than pediatric care?
- What questions should I ask about my new provider's practice?

**completing: provide feedback**

- How do I help transition be better for others?

Have a question? Email us at [info@GotTransition.org](mailto:info@GotTransition.org).

<http://supportstofamilies.org/>

<http://www.lifecoursetools.com/planning/>

[www.gottransition.org](http://www.gottransition.org)



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