

Moving from Youth to Adult Health Care Services



Resources for Young People

[ON TRAC Youth Toolkit](#), [Youth: Well On Your Way](#), and the [Transition to Adult Care Learning Hub](#) are websites for young people that contain tools, tips, and ideas to help you plan and prepare for adulthood and adult health care. Many of these resources were designed by young people for young people!

Check out [AboutKidsHealth:Teens](#) to see a [timeline](#) of things you can learn and do each year so that you are ready to manage your own health when you turn 18.

Do you understand your health condition? Search and find helpful info about your health conditions at [AboutKidsHealth](#) and mental health at [mindyourmind:illnesses](#).

[MyTransition App](#) is designed to help you to take charge of your health care as you get older. It has tools such as:

- A quiz called [TRANSITION-Q](#)
- A place where you can put important notes about your health, called [MyHealth 3-Sentence Summary](#)
- A calendar where you can keep track of your appointments and medications
- A place where you can keep contact information about your health care providers
- Tips to help you prepare for this move into adult health care services
- A section that helps you set personal goals

[MyHealth Passport](#) is a wallet-sized card that lists your health information, such as your medical conditions, past treatments, medications, and allergies.

[Service Transition Plan: Moving to Adult Mental Health and Addiction Services](#) is a transition plan that you can print out to help you, your family, and your care providers prepare for your move into mental health and addiction services for adults.

Videos

[My Move to Adult Health Care](#) is an animated video by [Well On Your Way](#) of a young person sharing his fears about moving to adult health care, and his friends sharing how they got ready for their moves into adult health care.

[Transition to adult care](#) is a fun video by the [Children's Hospital of Eastern Ontario](#). It was created by young people, with tips on how to get ready for adult health care.

[Dr. Right: the right way to discuss transition and Dr. Knotright: the wrong way to discuss transition](#) and are fun videos by [Got Transition](#) that show how the conversation about transition should and shouldn't go!

Resources for Families and Caregivers

[ON TRAC Family Toolkit](#), [Parents: Well on Your Way](#), and [Transition to Adult Care Learning Hub](#) are resources for parents and families that contain tools and tips to help you support your young person as they move into adult health services.

[Helping your child transition through health care: Teens](#) gives parents and caregivers a timeline of things their teen can learn and do each year to prepare to manage their own care when they turn 18.

Parents and caregivers of **young people with intellectual or developmental disabilities** can find helpful resources at [Surrey Place Health Care Transitions](#), including:

- The [SHARE Transition Checklist](#) to help caregivers think about what skills and supports the young person will need for a successful transition into adult life
- The [About My Health](#) communication resource to share important information with health care providers about the young person's health history, communication strategies, likes and dislikes, and more

[Complex Care for Kids Ontario Transition Youth Transition to Adult Care Toolkit: Caregiver Checklist and Resource Guide](#) helps make the transition process easier for **young people who have several health care needs**, and it includes a timeline of when they need to apply for supportive funding and services before turning 18.

Videos

[Mike's Story: Transitioning from Pediatric to Adult Health Care is a video by BC Children's Hospital](#) where a young person and his family share the challenges they faced when transitioning to adult health care.

[Getting Your Child Ready for Adult Healthcare](#) is an animated video by [Well On Your Way](#) of a conversation between health care providers and parents of young people who are transitioning to adult health care. The video highlights the parents' considerations and concerns, and it provides advice on how to prepare for the transition.

[Dr. Right: the right way to discuss transition and Dr. Knotright: the wrong way to discuss transition](#) and are fun videos by [Got Transition](#) that show how the conversation about transition should and shouldn't go!

Need more information?

We have put together guides for patients and for caregivers that might be helpful for you. You can [download them here](#).

If you have any questions or feedback, please contact us at QualityStandards@OntarioHealth.ca or 1-877-280-8538 (TTY: 1-800-855-0511).