Boston Children’s Hospital
Weitzman BRIDGES Adult Transition Program

The ARC of Massachusetts Transition Conference 2019

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Objectives

● Understand what transition to adult care and health related self-management is all about
● Have a framework for navigating adult care systems
● Build a library of tools that will help youth and their families to share information with adult service providers
Communicate about transition

- “What is your practice’s policy about transitioning to adulthood?”
- “When will we transfer care to an adult provider?”
- “Who do you recommend that we see next?”
- “How can we work together to make this change as smooth as possible?”

Are you helping me to start looking for practitioners who focus on adults?
Decision making

- Age 18: adulthood in Massachusetts; assume the individual is independent in decisions

  - Medical (procedures, treatment consents, results)
  - Educational (e.g. IEP, remaining in school, grades)
  - Social (e.g. where to live, get married)
  - Financial (e.g. managing money, budgeting, etc.)

Are you helping me learn how to communicate about my disability or healthcare needs with others?
Guardianship

- Designed to provide support with medical, financial and social decisions
- Is a legal process that involves the probate court
- May be appropriate if s/he cannot make decisions and communicate their needs:
  i. s/he meets diagnostic criteria for ID
  ii. S/he is unable to make decisions due to temporary mental/physical incapacity
- Most formal level of support
- Limited guardianship
Health care proxy

- Authorizes the representative to make any and all health care decisions for the individual when “incapacitated”
- Springing document: only takes effect when a physician has certified in the medical record that s/he can no longer give informed consent in situation
- Patients sign with two witnesses
  - Must be competent to sign
  - Can be revoked at any time
Advanced Directive

- Living Will
- 5 Wishes
- MOLST (Massachusetts Medical Orders for Life-Sustaining Treatments)
Get organized

1. Medical record
2. Emergency plan
3. Medical summary

What health related tasks can I start to help with or do for myself?
Get Organized - Full Medical Record
Get Organized - Emergency Plan

Are you helping me know the symptoms, triggers, and side effects of my disability or health care need and how to get help or interventions?

### Medical Summary for Young Adult Patient Transferring to Adult Care

<table>
<thead>
<tr>
<th>Patient Name</th>
<th>Date of Birth</th>
<th>Date Written</th>
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</thead>
<tbody>
<tr>
<td>Diagnoses</td>
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<tr>
<td>Medications</td>
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<td>Allergies</td>
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<tr>
<td>Past Procedures</td>
<td></td>
<td></td>
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<tr>
<td>Primary Language/Communication Method:</td>
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<tr>
<td>Specialty providers:</td>
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<tr>
<td>Special considerations/needs:</td>
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<td>Living situation (i.e. at home with family, group home):</td>
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<tr>
<td>Patient’s interests:</td>
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<td></td>
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</tbody>
</table>

1 Goal for first appointment with new provider:
Gather your team

- Primary care provider
  - SW, CM
- Specialists
- Home agencies
- School
- DDS

What support or financial assistance is available for me as I become an adult?

Who will pay for the services and supports I need when I am no longer in school?
Prepare for visit

- Have medical records sent to office ahead of appointment
- Medical summary
  - Identify goal for appointment
- Sign-up for patient portal
- Communicate specific needs
- Request short follow-up interval
- Allow for mutual “getting to know you”

Do I feel comfortable asking you or trusted adults about the changes in my body as I become an adult?
Thank You!

Children’s Hospital Transitioning to Adult Care Resources

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