

TRANSITONS TO THE FUTURE Growing Up



WHAT DO THE YOUTH THINK THEY NEED?

- Career development for a job they would enjoy
- Independent living skills
- Finding quality medical care
- Legal rights
- Protecting themselves from crime
- Obtaining finance for school

“Adapted from Source Point of Departure—PACER publication 1996”

LET'S START WITH QUESTIONS AND USEFUL RESOURCES!

Who is going to be their adult doctor or specialist? Are they prepared to work with an adult doctor?

Most youth with special needs have much to gain from a timely move to age appropriate health care. The decision to transfer care from pediatric to the adult health care setting should be made by consulting with the youth, family and pediatrician. The youth moving into the adult health care plays an integral role in making decisions.

<http://www.medicalhomeinfo.org/health/trans.html>
<http://www.medicalhomeinfo.org/tools/youthindex.html>

What are their future mental health needs?

NAMI- National Alliance on Mental Illness
801 -323- 9900 • www.namiut.org

Has there been a discussion about maturation/intimacy?

Planned Parenthood of Utah
• 801- 532- 1586
<http://www.plannedparenthood.org/utah/>

Can they independently care for themselves?

(Foodprep, hygiene, dressing, safety, transportation)

Utah Independent Living Center
801 -466 -5565 • www.uilc.org

Utah Assistive Technology
801 -887-9532 • www.uatpat.org

Utah Parent Center
School IEP includes independent living skills.
801- 272-1051 • www.utahparentcenter.org

Division of Services for People with Disabilities (DSPD)

Government agency that provides respite care, vocational training, residential services.
801-538-4200 • www.dspd.utah.gov

Utah Transit Authority (For Transportation)
801-287-7433 • www.rideuta.com

Will they be able to drive?

Utah Assistive Technology
801 -887-9532 • www.uatpat.org
Sugarhouse Health Center
Marc Rosello (*occupational therapist*)
801-581-2221

How will they afford living expenses & insurance ?

Disability Support Center
They will help you design a plan for your youth's future and find resources:like healthcare, education, training and work.
801-973-0206 • www.disabilitysupportcenter.org

ARC of Utah
Special Needs /Trust-Wills to protect governmental benefits— 801-364-5060 • www.arcutah.org

Children with Special Health Care Needs Program
Transition Specialist • 801-584-8518

Medicaid: Department of Workforce Services
801.526.9675 • <http://health.utah.gov/medicaid>

Social Security Income
At age 18 years of age, young adult with disabilities may be eligible for SSI benefits.
801-524-4115 • www.ssa.gov

Have they started thinking about jobs/ career/activities when out of high school? How will they finance school?

Vocational Rehabilitation
801 -538-7530 • www.usor.utah.gov
assist with job placement and school funding

National Collaborative on Workforce and Disability
• <http://www.ncwd-youth.info/>

Have you thought about guardianship?

The Disability Law Center (Guardianship)
801-363-1347 • www.disabilitylawcenter.org

Do you/they know their legal rights?

American Disabilities Act • www.ada.gov

Disability Law Center
801 -363 1347 • www.disabilitylawcenter.org

How will they be an active member of their community? *(Independence, hobbies/interests)*

What are the community resources that will support their interests?

State of Utah Identification Cards can be used to prove your youth's identity when traveling.
http://driverlicense.utah.gov/office_list.html
• 801 -965 -4437

The National Park Service (Access Pass). A free lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Documentation is required to obtain the pass. • www.us-parks.com

Best Buddies Program
801-468-1200 • www.bestbuddiesutah.org

UFIT program at the University of Utah
(*academic school year*)
801-587- 9713 • ufitprogram@yahoo.com



- Encourage your child to ask questions and talk directly with health care providers.
- Teach your child to physically care for himself, such as treatments, therapies and exercises.

Adolescent:

- Assess your teen's knowledge of her health condition and fill the gaps in understanding.
- Teach your teen that it is time to take responsibility for her medicine, the reasons for needing it and steps for refilling.
- Teach your teen to call the doctor when signs and symptoms need medical attention.
- Discuss the long-term course of her health condition with your teen and explain future expectations.
- Your teen should attend doctor visits with you. Encourage your teen to communicate directly with health care providers.
- Encourage your teen to keep a record of her medical history, including conditions, operations, treatments and current medications.
- Teach your teen to manage her physical needs related to her health condition.



Adapted from The University of Illinois at Chicago

EXCELLENT LOCAL RESOURCE INFORMATION

The ARC of Utah
801-364-5060

Provides an excellent transition handbook, "Bridge to the Future" This booklet can be down loaded from the internet.
www.arcutah.org

Utah Collaborative Medical Home Project:
www.medhomeportal.org
Look under Transitions.

Utah Parent Center
801-272-1051
They support families in working with the school system and have extensive information about transition planning.
www.utahparentcenter.org

Disability Support Center:
801-973-0206
They can help you design a plan for your youth's future and find resources: like healthcare, education, training and work.

Human Service Directory
211 or 801-978-3333
www.informationandreferral.org

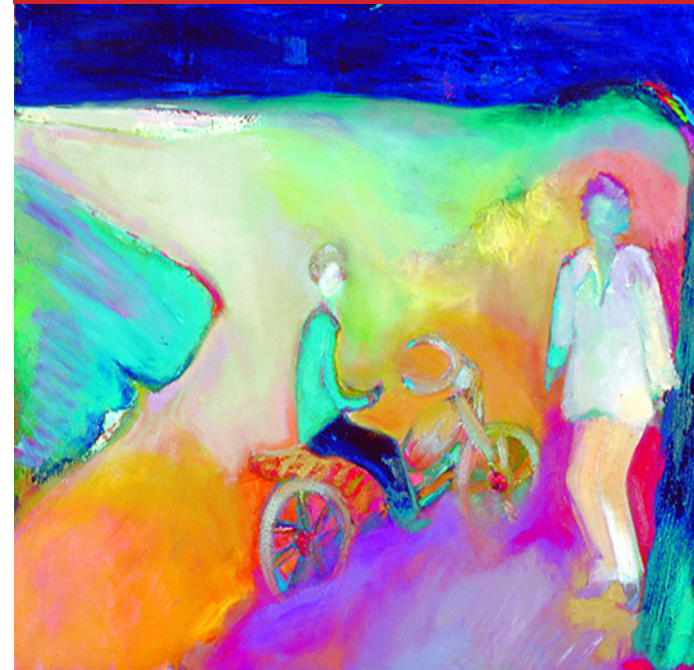


For further information contact
Intermountain Sandy Clinic
9500 South, 1300 East
Sandy, Utah 84094
Phone: 801 501 2150 • Fax: 801 501 5598

TRANSITIONS TO THE FUTURE

*Resources for
Youth with Special Needs*

Intermountain Sandy Medical Home



WHAT DOES TRANSITIONING MEAN?

Transitioning refers to the process of moving from childhood to adulthood.

WHY IS IT IMPORTANT?

Even thinking about the future can be scary. Youth with special needs and their families may need more supportive planning to successfully transition to adulthood. This pamphlet contains resources to start you on this journey.

YOUTH CAN PLAY AN ACTIVE ROLE IN THEIR HEALTH CARE TRANSITION:

Young Children:

- Your child needs to understand his health condition so that he can communicate his needs.
- Younger children can start to take supervised responsibility for medications. Teach your child the reason for medications.
- Teach your child to identify signs and symptoms that require medical attention and the steps needed to get help.