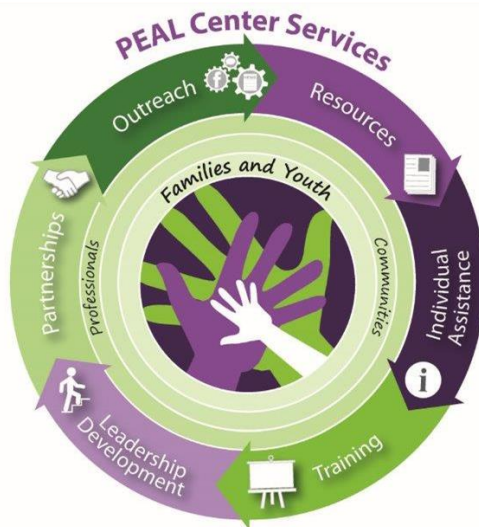# STEPS FOR SUCCESSFUL SECONDARY TRANSITION PLANNING:

THE MOVE TO ADULT HEALTHCARE

2020-21- Transition Tuesdays Webinar Series

PEAL Center Services

- Outreach
- Resources
- Individual Assistance
- Training
- Leadership Development
- Partnerships

NTACT:C Funders and Partners

- Jointly funded by: The Office of Special Education Programs (OSEP) and the Rehabilitation Services Administration (RSA)
- Five Year Grant: October, 2020 – September, 2025
- Awarded to: University of North Carolina at Charlotte, with multi-site partners
  - East Tennessee State University
  - The George Washington University
  - Portland State University
  - University of Kansas
  - University of Maryland
  - University of Oregon

NTACT
THE **COLLABORATIVE**
Improving Opportunities & Outcomes

Participants will be able to:

- List key considerations for healthcare transition
- Discuss important components of health & wellness
- Explore strategies to prepare for successful healthcare transition
- Discuss how healthcare fits into the IEP

TRANSITION SERVICES FLOW CHART

Age-Appropriate Transition Assessments

| Needs | Strengths | Preferences | Interests |

Write Measurable Postsecondary Goals

| Education/Training | Employment | Independent Living, as appropriate |

Identify Transition Services

| Instruction | Related Services | Community Experiences | Employment, Adult Living & Daily Living Sk |

Write the Course of Study

Coordinate Services with Adult Agencies

Write the Annual IEP Goals

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The Move to Adult Healthcare

What IS Health?

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

> Preamble to the Constitution; World Health Organization

Where does "health" fit?

- Postsecondary Transition Areas:
  - Education and Training
  - Competitive Integrated Employment
  - Independent Living

Aspects of Health & Wellness

Physical Health

- What we typically think of when we say "health"
- The state of your body and body systems; how and what you feel

- Health Oriented Behaviors
- Skills & Habits, Abilities & Limitations
- Knowledge
  - Health Literacy

Health Literacy

- The degree to which individuals have the ability to find, understand and use information and services to make health-related decisions.

- Health and the City video
- https://www.youtube.com/watch?v=iFCbIxW4db0

Mental/Emotional Health

- NOT just the absence of a mental health condition (example: stress, anxiety, depression)
- Coping mechanisms and stress response
- May have underlying physical cause
- "Mental health is brain health"
- Risk factor awareness (heredity, circumstances, trauma, continuous socioeconomic pressures, other health factors, etc.)
- Recognize signs, get help, seek treatment.

Social Health

- Connectedness, belonging, interaction, positive and satisfying relationships, care & concern, positive relationships
- Skills to make and maintain healthy relationships
- Getting along with others, accepting differences, not being taken advantage of
- Connections: friends, family, co-workers
- Supports
- Safety and intimacy

Spiritual Health

- Sense of peace, meaning and purpose
- Not necessarily religion, but perhaps
- Connection to (faith) community
- Values and morals
- Knowing right and wrong
- Sense of understanding of your own existence

Intellectual Health

- Having challenging and stimulating activities to expand knowledge and skills
- Doing different things to expand yourself
- Lifelong learning
- Open to new ideas
- Wanting to improve and be challenged

Occupational & Environmental Health

- Being safe at work and following safety protocols
- Safe living & community situations
- Cleanliness, sanitation
- Problem solving
- Dealing with emergency
- Public health awareness and adherence
- Understanding of disability law/rights

Financial Health

- Having & paying for wants & needs
- Contentment
- Choice
- Planning ahead; savings mechanisms
- Bill paying and staying ahead
- Understanding health insurance coverage & cost, co-pays, deductibles, Explanation of Benefits, dealing with errors

Maintaining Insurance & Public Benefits

- Medical Assistance Coverage
- Supplemental Security Income (SSI) eligibility*
- Able Account or Special Needs Trust
- Learn about finances, asset limits, wants and needs through Cents and Sensibility (PATF booklet)

* Social Security benefits continue until high school graduation or 2 mos. after the 19th birthday, whichever comes first.

Home and Community Based Services Waivers

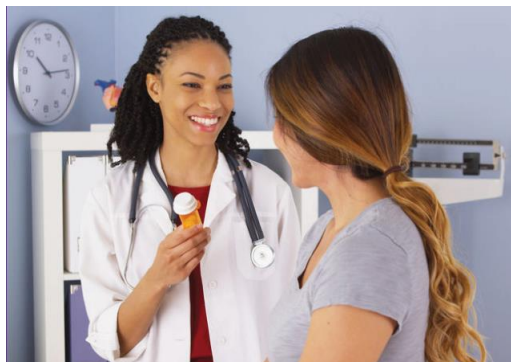| Intellectual Disability/Autism	Physical Disability Support Services
• Person/Family Directed Support • Community Living • Consolidated	• Community Health Choices • OBRA (18-21)

Each has eligibility criteria, services, and financial differences. Not entitlements.

PEAL CENTER

Transition to Adult Systems of Care

Pediatric vs Adult Healthcare

Pediatric	Adult
• Family Focus • Warm & colorful, longer • Rich in resources • May all be housed in one place • Doctor talks to your parents about your care • Focus on growth & development	• Individual Focus • More cut and dry, shorter • May need to find own specialty resources • Doctor talks to you and expects you to make decisions • Focus on maintenance and decline

Considerations for an adult doctor

- What is their experience with this condition(s)?
- Where is the office? When it is open?
- Which hospital is the doctor connected with?
- Which insurance do they take?
- Are they accepting new patients?
- Are they doing telehealth visits?

No ideas for an adult doc: a) Ask your current doctor, b) Ask other families, c) Try them out, d) Call the Special Needs Unit at your Medical Assistance Plan.

Person-Driven Planning Tools

- Charting the LifeCourse
- Making Action Plans (MAPS)
- Planning Alternative Tomorrows with Hope - (PATH)
- Use of a Positive Personal Profile
- Resilience, Empowerment, Natural Supports, Education, and Work (RENEW) – for students with mental and behavioral health needs

Other Needs/Abilities to Consider

- Maintaining Medication & Doctor list
- Make own appointments & refill prescriptions
- Vision & Dental care
- Durable Medical Equipment
- Diagnostic Overshadowing
- Medical alert tools
- Creating/Understanding Care Plans/Care Maps
- Use of Communication devices/methods
- Understanding Equity & rights to medical care
- Power of Attorney (POA)
- HIPAA-Health Privacy Rights

Possible Activities in the IEP

- Applying for State ID
- Use of a healthcare checklist to assess skills
  - Health literacy
  - Financial literacy
- Arrange for transportation or navigate the community
  - Driving classes
  - Public transportation orientation
- Improving Self-Advocacy skills
  - Knowing who to ask for help, and when

Health-Related School Services

What health-related services are being delivered in school?

What IEP transition goals can be developed to increase your child's preparedness for their future dreams and aspirations?

Individual Health Care Plans

Tool designed to meet the needs and goals of a student with medical complexity or life-threatening condition

- Describes the condition(s)/problems in understandable terms
- Makes school staff aware of health care needs while in school or in extra-curricular events
- Specifies what must be done and by whom in the event of a problem
- Should be embedded in IEP/504 or listed as SDI and attached
- See example: https://www.pacer.org/health/samplehealthplans.asp

Nursing in School

- Sometimes a student's medical condition warrants having a full time nurse, home health aide, or personal care aide
  - When one is paid for by insurance, it must be medically necessary
  - When a personal care aide is provided by a school, it must meet the student's need and generally must be agreed on by the IEP or 504 team

- Is your nurse part of the IEP team?

School and Outside Nursing

- School nurses have many responsibilities and are responsible for a lot of students
- Outside nurses work in cooperation with school nurses and are present to address medical and not educational issues
- Nursing paid by Medical Assistance ends at age 21; plan ahead if this is an ongoing need

Resources

- National Family Voices, Resources - Family Voices
- Lifecourse, LifeCourse Framework – LifeCourse Nexus (lifecoursetools.com)
- How Families have Used Lifecourse Tools, National Community of Practice, supportstofamilies.org
- PA Medical Home, Pennsylvania (aap.org)
- PA Health Law Project, 1-800-274-3258

Resources Continued

- GotTransition.org, a federally funded resource on healthcare transition
- Michigan Transition Book (a favorite), toolkit-printversion.pdf (michiganfamilyvoices.org)
- Cents & Sensibility, Financial Education | Pennsylvania Assistive Technology Foundation (patf.us)
- What You Need To Know About Your Supplemental Security Income (SSI) When You Turn 18 (ssa.gov)

Save the Date – Annual PA Transition Conference

- 2021 PA Community of Practice Transition Virtual Conference
- Navigating the Future: A Lifetime Trip
- August 11-12, 2021
- https://www.pattan.net/Training/Conferences/PA-Community-on-Secondary-Transition-Conference

Save the Date

- Transition to Graduation Conference
  - In Spanish
- July 13, 2021 – HUNE
  https://docs.google.com/forms/d/e/1FAIpQL
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  nYTd6B7BFhw/viewform?gxids=7

Reminders

- Even with the best plans...
  - Lives change.
  - Adjust your plan as your needs change with time.
- Remember, you are not alone in the process…
  - Use all available resources.
  - Ask for help.

All Roads Lead to NTACT:C

Visit our website http://www.transitionta.org

Email ntact-collab@uncc.edu or reach out to any NTACT:C partner staff you already have a relationship or connection

Sign Up Now >

Sign up for our listserv by going to the bottom of the homepage at www.transitionta.org (can join a CoP too)

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Thank You!

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