

Transition Tools to Use with Students with Health Conditions and Disabilities

August 29 -31, 2016

Presenting To
Arizona's 16th Annual Transition Conference | Talking Stick Resort

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Objectives

- Identify students who need healthcare in their transition plan
- Increase access to self-determination tools
 - Self-determination tips for families
- Using a health care transition checklist
- Using a Health Care Organizer



Transition

- 1) Begins at birth
- 2) Requires support to develop self-determination
- 3) Requires self-advocacy development
- 4) Is not simply about the transfer of services and records from pediatric to adult systems of care





Who needs Healthcare in Their Transition Planning?

Students who:

- Take medications for any ongoing condition
- Use PT, OT, SPEECH, therapy
- Use ABA, or behavioral counseling or therapy
- Use assistive equipment or devices
 - Communication, reading, listening, moving, etc
- Have a developmental, behavioral, emotional or physical condition



What We Know

Eight (8) years after high school:

- Only 41% finished a college/vocational program they started
- Most have had trouble keeping a job
- Most don't know about their condition or how to request accomodation/s

Why?

Are we adequately preparing students to *determine the direction of their own lives?*

US Department of Education, National Longitudinal Transition Study -2 (NLTS2)





Disability does not mean disease, impairment or illness, but rather a part of life on a continuum

<https://www.youtube.com/watch?v=8K9Gg164Bsw>



Self-Determination

- Choosing goals for my own life
- Making plans to move toward my goals
- Filling the gaps in what I know
- Making Decisions!!!!





Decision Making

- Deciding on goals
- Problem Solving
- Deciding on how to move toward goals
- Tools to help make decisions



Decision Making Steps

1. What is the question or problem
2. What do I know, what do I need to know
3. What are my choices
4. What is good and bad about each choice
5. Pick the best one for you
6. Put your choice in action
7. Did it work, was it a good choice for you?



Setting Goals

- What are my gifts
 - What am I good at
 - What do I love
 - What comes easily to me
- What do I want to do
 - Career, employment
 - Living
 - Home, recreation, friends
 - Being Healthy
 - Well and sick care



Moving Toward Goals

A step by step plan of things you do to get you closer to your goal.

It should contain steps that:

- You and your Transition Team developed and agreed on
- You can do yourself
- You can do with help from others
 - Identify who will help and what they will do



Filling the Gaps



- What do I know?
- What do I need to know?
- How can I learn?
- Who can help me?



Healthcare Transition

- Begins at birth
 - Officially at 12, 14, or 16
- Moves primary care from pediatric to adult care
 - Some specialty areas are only pediatric, others have an adult counterpart
- At age 18 the individual becomes responsible for healthcare decision-making



Knowing Myself

- Healthcare Transition Checklist
- My condition
 - My needs, my strengths
 - My support network
 - My on-going health maintenance
 - My plan for illness, emergencies
 - My health coverage!!!!!!!!!!





