

## Transition Information for Parents and Medical Providers of Youth and Young Adults with Special Health Care Needs

"Transition is a process, not an event.  
--from the National Center for Youth with  
Disabilities

As a parent or medical provider for a youth or young adult with special health care needs, you may be caught up in day-to-day details.

This brochure is a reminder that your teen is growing up and it is time to start thinking about key decisions you will need to help them make in the next several years.

We hope the information and related resources provided help you and your young adult plan for the future.



Our future exists in the hopes of our  
children . . .

### Encouraging Independence

- Evaluate your teen's knowledge of his/her health care needs. Fill in any gaps in understanding.
- Continue to teach self-help skills for independence and additional skills related to specific health care needs.
- Teach your teen to talk with medical providers about age-appropriate information such as physical and emotional development and sexuality.
- Help your young adult write an up-to-date record of their medical history with his/her medical provider. Include conditions, operations, medications and treatments (with dates, doctors and recommendations).
- Teach your teen to make medical appointments and be responsible for refilling prescriptions and ordering supplies.
- For transfer of medical care, research adult health care providers or Community Health Clinics.
- Begin exploring health care financing and coverage options for your young adult.
- If your young adult has not received SSI due to parental income or assets, contact SSI prior to your young adult turning 18 to see if he/she will become eligible.
- If appropriate, apply for guardianship so that it is in place before your young adult turns 18.
- If your teen has a 504 Plan or Individualized Education Plan (IEP) at school, attend meetings with your teen. Encourage your teen to actively participate. Keep a copy of the plan that is developed to assure that it is followed.
- Help your teen explore volunteer and work activities. Encourage him/her to think about possible career interests and investigate resources or support needed for meaningful employment or education.
- Support your teen in identifying and attending support groups and participating in recreation, social and leisure activities.

- At age 18, males must register for the Selective Service.

## Resources and Contacts

### Children with Special Health Care Needs (CSHCN) Bureau

<http://health.utah.gov/cshcn/Transitions/Index.html>

801-584-8284 Toll Free 800-829-8200

Lynn Pease 801-584-8518

Walt Torres (en Español) 801-584-8516

### Utah Medical Home Portal (Web)

Sample health care plans, timelines, checklists and resources for children with special health care needs

<http://www.medicalhomeportal.org>

### Supplemental Security Income for Children (SSI)

[www.ssa.gov](http://www.ssa.gov)

801-524-4115 T.T.Y. 800-325-0778

Toll Free 800-772-1213

### Medicaid/CHIP

<http://health.utah.gov/medicaid/>

801-538-6155 Toll Free 800-662-9651

### Division of Services for People with Disabilities (DSPD)

<http://www.dspd.utah.gov/>

801-538-4200 T.T.Y. 801-538-4192

Toll Free 800-837-6811

### Utah Parent Center

[www.utahparentcenter.org](http://www.utahparentcenter.org)

801-272-1051 Toll Free 800-468-1160

Español 801-272-1067

### Guardianship

Explore levels and cost of guardianship that are available for your family

Guardianship Associates of Utah

801-533-0203

Office of Public Guardian

801-538-8255

### Utah Center for Assistive Technology

Facilitates the application of assistive technologies for persons with disabilities

<http://www.usor.utah.gov/ucat/>

801-887-9500 Toll Free 888-866-5550

### State Office of Rehabilitation

Assists individuals with disabilities to prepare for and obtain employment

[www.usor.utah.gov](http://www.usor.utah.gov)

Voice/T.T.Y. 801-538-7530

Toll Free 800-473-7530

### Independent Living Centers in Utah

Provides services and activities which enhance independent living skills

<http://www.uilc.org/links.php>

Voice/T.D.D. 801-466-5565

Toll Free 800-355-2195

### Disability Law Center

An agency to advance the equality, opportunities and respect of people with disabilities in Utah

<http://www.disabilitylawcenter.org/>

800-662-9080 T.T.Y. 800-550-4182

### Access Utah Network

Equipment for sale and disability resource links

<http://accessut.org>

801-533-4636 Toll Free 800-333-8824

### Public Transportation

<http://www.rideuta.com/accessibility/UTA/default.aspx>

801-743-3882 T.D.D. 801-287-4657

Toll Free 888-743-3882

### Driver's License

A guide for obtaining a license when your teen has a disability

<http://www.medicalhomeportal.org/link/2471>

### Information and Referral

Information about resources and community services

<http://www.informationandreferral.org/>

211 801-978-3333

Toll Free 800-472-4716

### Selective Service Registration

Registration for the Military Draft

<http://www.sss.gov/FSwho.htm>

847-688-6888 TTY: 847-688-2567

### Becoming Leaders for Tomorrow

Transition training, videos, links, and other resources

<http://blt.cpd.usu.edu/>

