



Tools, Samples, and Evaluation Measures for:

Transitioning Youth to Adult Health Care Providers

(Pediatric, Family Medicine, and Med-Peds Providers)

Transitioning to an Adult Approach to Health Care Without Changing Providers

(Family Medicine and Med-Peds Providers)

Integrating Young Adults into Adult Health Care

(Internal Medicine, Family Medicine, and Med-Peds Providers)

Customizable Version of the Full Packages

What is Health Care Transition?

Health care transition is the process of changing from a pediatric to an adult model of health care. The goal of transition is to optimize health and assist youth in reaching their full potential. To achieve this goal requires an organized transition process to support youth in acquiring independent health care skills, preparing for an adult model of care, and transferring to new providers without disruption in care.

What are the Six Core Elements?

The **Six Core Elements of Health Care Transition 2.0** define the basic components of health care transition support. These components include establishing a policy, tracking progress, administering transition readiness assessments, planning for adult care, transferring, and integrating into an adult practice.

There are three sets of customizable tools available for different practice settings.

Aligned with the AAP/AAFP/ACP Clinical Report on Transition, the Six Core Elements are intended for use in primary and specialty settings. Originally developed in 2009, this updated version incorporates the results of several transition learning collaboratives, an examination of transition innovations in the US and abroad, and reviews by over 50 pediatric and adult health care professionals and youth and family experts.

Six Core Elements of Health Care Transition 2.0		
Transitioning Youth to Adult Health Care Providers (Pediatric, Family Medicine, and Med-Peds Providers)	Transitioning to an Adult Approach to Health Care Without Changing Providers (Family Medicine and Med-Peds Providers)	Integrating Young Adults into Adult Health Care (Internal Medicine, Family Medicine, and Med-Peds Providers)
<p>1. Transition Policy</p> <ul style="list-style-type: none"> Develop a transition policy statement with input from youth, young adults and providers that describes the practice's approach to transition, including practice and consent documents. Outline of staff and the practice's approach to transition, the policies and procedures for the Care Elements and delivery model of the youth, young adults, and adult health care team in the transition process, using the Six Core Elements. For policy and procedures with youth and families, beginning at age 12 to 14 and regularly review and update as appropriate. 	<p>1. Transition Policy</p> <ul style="list-style-type: none"> Develop a transition policy statement with input from youth, young adults and providers that describes the practice's approach to transition, including practice and consent documents. Outline of staff and the practice's approach to transition, the policies and procedures for the Care Elements, and delivery model of the youth, young adults, and adult health care team in the transition process, using the Six Core Elements. For policy and procedures with youth and families, beginning at age 12 to 14 and regularly review and update as appropriate. 	<p>1. Young Adult Transition and Care Policy</p> <ul style="list-style-type: none"> Develop a transition policy statement with input from young adults that describes the practice's approach to transitioning and integrating young adults into the practice. Outline of staff and the practice's approach to transition, the policies and procedures for the Care Elements and delivery model of the practice, including the youth, young adults and adult health care team in the transition process, using the Six Core Elements. For policy and procedures with young adults or their adult and regular review and update as appropriate.
<p>2. Transition Tracking and Monitoring</p> <ul style="list-style-type: none"> Establish a system and process for identifying, measuring, youth and enter their data into a registry. Establish a system for data or registry to track youth transition progress with the Six Core Elements. Establish the Six Core Elements into clinical care process, using QR if possible. 	<p>2. Transition Tracking and Monitoring</p> <ul style="list-style-type: none"> Establish a system and process for identifying, measuring, youth and enter their data into a registry. Establish a system for data or registry to track youth/young adults' transition progress with the Six Core Elements. Establish the Six Core Elements into clinical care process, using QR if possible. 	<p>2. Young Adult Tracking and Monitoring</p> <ul style="list-style-type: none"> Establish a system and process for identifying, measuring young adults and enter their data into a registry. Establish a system for data or registry to track young adults' completion of the Six Core Elements. Establish the Six Core Elements into clinical care process, using QR if possible.
<p>3. Transition Readiness</p> <ul style="list-style-type: none"> Conduct regular transition readiness assessments, beginning at age 14, to identify and discuss with youth and parent/caregiver their needs and goals in adult care. Establish a system for data or registry to track youth transition progress with the Six Core Elements. Establish the Six Core Elements into clinical care process, using QR if possible. 	<p>3. Transition Readiness</p> <ul style="list-style-type: none"> Conduct regular transition readiness assessments, beginning at age 14, to identify and discuss with youth and parent/caregiver their needs and goals in adult care. Establish a system for data or registry to track youth/young adults' transition progress with the Six Core Elements. Establish the Six Core Elements into clinical care process, using QR if possible. 	<p>3. Transition Readiness/Transition to Adult Practice</p> <ul style="list-style-type: none"> Identify and list adult practices within your practice interested in caring for young adults. Establish a process to welcome and orient new young adults into practice, including identification of available services. Provide youth timely and/or written information about the practice and offer a "got transition" experience if feasible.

Recommended Health Care Transition Timeline

AGE: 12	14	16	18	18-22	23-26
Make youth and family aware of transition policy	Initiate health care transition planning	Prepare youth and parents for adult model of care and discuss transfer	Transition to adult model of care	Transfer care to adult medical home and/or specialists with transfer package	Integrate young adults into adult care

How do I implement the Six Core Elements?

As all transition approaches need to reflect the local capacity, a quality improvement (QI) approach has been a successful and efficient way to implement the Six Core Elements. To begin your QI process, assemble a team with pediatric and adult providers, clinic support staff, and youth and family consumers to review, customize, test and disseminate each of the core elements.

How can I assess my progress in implementing the Six Core Elements?

There are two options to consider: one is a qualitative self-assessment method ("Current Assessment of Health Care Transition Activities") and the other is an objective scoring method ("Health Care Transition Process Measurement Tool"). Each tool can be conducted initially to offer a baseline measure and then repeated periodically to measure progress.

How can I assess my patients' satisfaction with the transition process and make improvements to the transition process?

Following transition to adult care, practices can conduct anonymous consumer surveys with youth and/or parents. Sample "Health Care Transition Feedback Surveys" are available in each of the three sets of tools.

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