



THOUGHTS TO PONDER ON TRANSITION TO ADULT SERVICES



✧ CHANGES!!!

- Changing primary physician, specialists, therapists, dentist, possibly nursing agencies
- Change in insurance benefits - is your child still covered under your policy?
- Financial - now that they are of age, you can apply for their SSI without your income affecting their payments.
- Young adults face changes in medical issues and testing
- Care coordinators, service coordinators, all change at 18-22

✧ ROADBLOCKS

- Adult primary care docs and their office staff aren't always familiar with the extra paperwork that comes with a young adult with a disability. Ex. - letters of medical necessity, prior approvals, paperwork for reviews of PCA services, nursing services, etc.
- The accessibility of medical office equipment - adjustable examination beds for transfer out of a wheelchair, accessible mammograms for young women in wheelchairs, scales for non-weight bearing patients.
- Hospitals - Young adult will no longer have the "safeness" of the pediatric floor. Local emergency rooms are not always receptive to the needs of young adults who previously were seen at major pediatric emergency centers. Staff on medical floors for adults are not always comfortable or knowledgeable about interaction with young adults with special needs.
- Nutrition and physical fitness - The young adult with disabilities may not have the same opportunities for physical activity as they did when they were in the school system. Their level of activity sometimes drops significantly as they age out of children's sports and activities. Nutritional needs also change as their bodies change to adulthood. There are hardly any nutritional resources out there geared specifically to special health care needs that your child may have.