

# ON TRAC Transition to Adult Care Timeline



**ON TRAC**  
ONTRACBC.CA



"Take it step by step, moment by moment - break it into small manageable pieces. Pat yourself on the back for steps accomplished" ...a parent who has been there.

## Age 12-13

- Start Youth Quiz & Parent/Family Checklist
- Make copies of Birth Certificate
- Learn how to Just TRAC it!
- Confirm and visit Family Practitioner (FP) once year
- Start/ review Individualized Education Plan (IEP) if needed

## Age 14

- Visit FP up to twice/year - ensure he/she is getting Specialist letters and reports
- Get BC Identification & Social Insurance Number
- Learn about transition social workers & case managers
- Start a transition binder
- Create your own 'Path' or plan for the future

12-13

14

18

19

Start Here



## Age 15

- Connect with other youth through camps, sports and activities outside of school
- Talk to your FP about sexual and/or emotional health issues
- Practice self-care and/or directing others

15

16

## Age 17

- Explore options for driving
- Develop a work and/or career plan
- If eligible, apply for Persons with Disability (PWD) - open a PWD bank account (at 17.5 years)
- Plan for high school graduation or extension
- Apply for 'Special accommodation/ Disability services' for all conditions if attending post secondary schools
- Make final appointments/identify adult occupational & physical therapists, dietician & other services needed
- Collect all transition documents (letters, assessments, reports and checklists)
- Confirm 1<sup>st</sup> appointments for all Adult specialist(s)
- Create a health care plan if moving away for school
- Assess and update all equipment & supplies

17

## Age 18

Confirm adult suppliers for supplies and equipment

## Age 19-24

- Visit FP at least twice /year
- Visit Adult specialist(s) once/year
- List all adult care providers and services
- Confirm living and support services
- Explore education and vocational opportunities, scholarships & bursaries

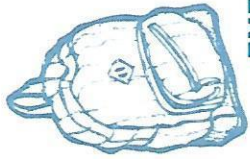
## Future Goals



## Age 16

- Plan for after high school - review IEP
- If home/ living services are needed - learn about eligibility
- Determine if a Psycho-Educational assessment is needed/ current
- Start a list of all Adult specialists, care providers and services
- Make a list of medications, supplies and equipment needed
- Learn about educational grants, bursaries and scholarships

Note: Not all items will apply to everyone. To learn more visit [www.ontracbc.ca](http://www.ontracbc.ca) Family and Youth Toolkit for explanations, tips, handouts and resources.



# WORKING TOGETHER

## EVERYONE HAS A ROLE

**YOUTH** visit a Family Practitioner (Family Physician or Nurse Practitioner) at least once a year.

**YOUTH AND FAMILIES** use the ON TRAC tools and online toolkits, to learn and practice skills to prepare and transfer to adult care.

**HEALTH CARE PROVIDERS**, use the ON TRAC clinical tools to assess and record a youth's planning and transfer of care.

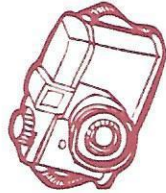
By the youth's 16th year, **HEALTH CARE PROVIDERS** identify the youth's adult specialist(s) and services.

**EVERYONE** takes time to say farewell and ensures youth & families have all the information needed.

**HEALTH CARE PROVIDERS & FAMILIES** ensure that the transfer to adult specialist(s) and services are complete.

**ADULT CARE PROVIDERS** continue to support youth in their learning and skills and attachment to their new services.

**EVERYONE** completes the online survey "Your Feedback Matters" at [www.ontracbc.ca](http://www.ontracbc.ca)



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# YOUR ONLINE TRANSITION TOOLS

DEVELOPED BY & FOR YOUTH & FAMILIES, THESE TOOLS WILL ASSIST YOU IN LEARNING ABOUT, PARTICIPATING IN & MANAGING YOUR TRANSITION.



Use the Youth Quiz, Family Checklist and Transition Timeline to find out what you need to know.

Use the online Toolkits, activities and videos to increase your knowledge and skills.

Seek help from professionals to get the information and support you need.

## VISIT YOUR FAMILY PRACTITIONER

FAMILY PHYSICIAN OR NURSE PRACTITIONER

### TO COORDINATE CARE

- keep all health records
- refer to Specialists

### TO STAY HEALTHY

- screen for problems or complications
- review and refill medications
- vaccinate

### TO SEEK COUNSELLING

- diet and activities
- healthy relationship & sexual health
- drugs, alcohol and addictions
- stress, anxiety, depression



# GETTING ON TRAC FOR ADULT CARE

## TRANSITION,

is a journey taken by youth together with their families. For those with chronic health conditions and/or disabilities, planning and preparation starts at the age of 12 with the support of family and health care providers, in order to transfer safely into the adult health care system by the age of 18.

## WHO CAN HELP WITH YOUR TRANSITION?

Your family practitioner, specialists, nurses and social workers, family members, therapists, school, community organizations and government services.

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