


Adolescent Healthcare
 Transition

Section of Women's, Children's, & Family Health (WCFH,
 Division of Public Health

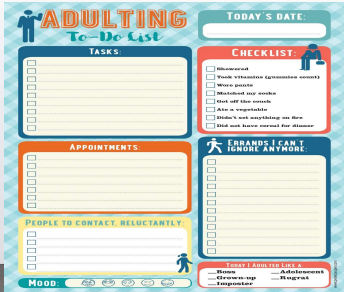
March 23, 2021



ADOLESCENT TRANSITION

- Time of Preparation
- Develop Skills and Knowledge
- Process Rather Than One Time Event
- Involves Adolescent, Family, and Providers

ENVISION THE FUTURE



HEALTH EXPECTATIONS

- Physical – Health of the Body
- Emotional – Feelings
- Mental – Thoughts
- Spiritual – Beliefs and Values
- Relationships – With Yourself and Others

FRAMING

“If we ask people to look for deficits, they will usually find them, and their view of the situation will be colored by this. If we ask people to look for successes, they will usually find them, and their view of the situation will be colored by this.”

MOTIVATIONAL INTERVEIWINING

- Empathy Through Listening
- Future Goals vs. Current Behavior
- Avoid Arguments
- Adjust to Resistance Rather Than Directly Oppose
- Support Self-Belief and Optimism

.....

DEVELOPING SKILLS

.....

PLANNING

- Set Goals
- Learning Plan
- Identify Resources
- Share Successes and Struggles

.....

SUCCESS

- How Do You Define Success?
- How Does The Adolescent?
- Do Your Views Match?

DECISION MAKING



Series of horizontal lines for writing notes.

ENGAGE IN CARE



Series of horizontal lines for writing notes.

ASK ME 3

Write Your Doctor's Answers to the 3 Questions Here:

- 1 What is my main problem?
- 2 What do I need to do?
- 3 Why is it important for me to do this?

Tips for Clear Health Communication

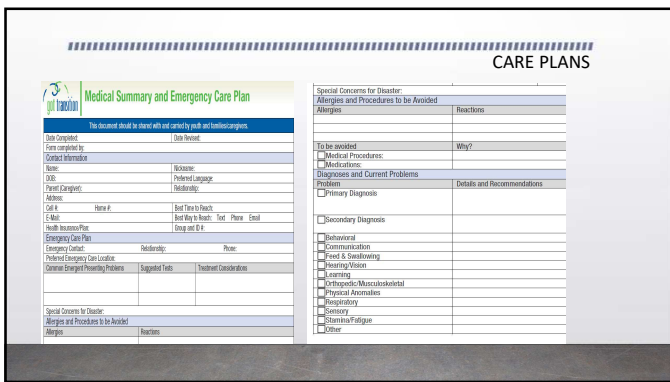
- Check off the ones you will try:
- I will ask the 3 questions.
- I will bring a friend or family member to help me at my doctor visit.
- I will make a list of my health concerns to tell my doctor or nurse.
- I will bring a list of all my medicines when I visit my doctor or nurse.
- I will ask my pharmacist for help when I have questions about my medicines.

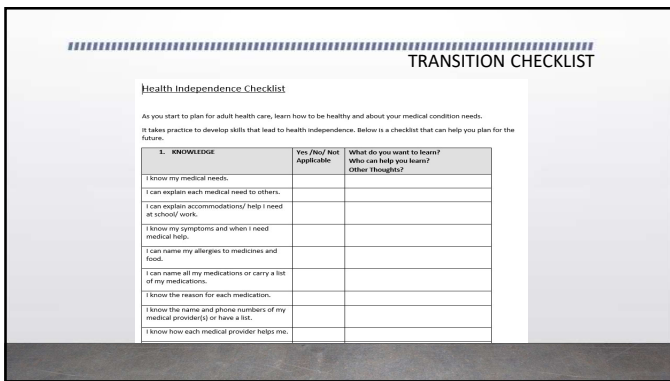
Bring your medicines with you the next time you visit your doctor or pharmacist. Or, write the names of the medicines you take on the lines below.

Like many people, you may not know more than one doctor. It is important that your doctor knows all the medicines you are taking so that you can stay healthy.

Series of horizontal lines for writing notes.







SHARED RESPONSIBILITY

Responsibility for Medical Needs	Caregiver Takes or Initiates Responsibility all the Time	Caregiver & Adolescent Share Responsibility	Adolescent Takes or Initiates Responsibility All the Time	N/A or No One Takes Responsibility
Who Remembers AM Medications?				
Who Remembers PM Medications?				
Who Organizes Meds? (like pillbox etc.)				
Who Makes Sure Meds Taken Properly?				
Who Makes Sure There is Enough Medication?				
Who Phones in Prescription Refills/Reorders Supplies?				
Who Makes Clinic Appointments?				

- RESOURCES
- Got Transition Website
 - Healthy Transitions Website
 - Transition Guidebook



CONTACT INFORMATION

Joanne Singleton, LCSW, MPH,
Public Health Specialist II,
Women's, Children's & Family Health
Phone: (907) 269-3430
Fax: (907) 754 3425
joanne.singleton@alaska.gov