

## Autism Transition Resources: Moving from Pediatric to Adult Healthcare

This list of online tools will help families and youth learn how to make a smooth change to adult healthcare. Find this document and more at [www.massgeneralforchildren.org/lurie-center](http://www.massgeneralforchildren.org/lurie-center).

### GENERAL INFORMATION FOR YOUTH AND FAMILIES

- **Adolescent Health Transition Project: A Resource for Teens and Young Adults With Special Healthcare Needs, Chronic Illness, Physical or Developmental Disabilities**

<http://www.depts.washington.edu/healthtr/>

- Gives tips for doctors, families, children and schools. Checklists and workbooks are included. Some materials are available in Spanish.
- **National Healthcare Transition Center: Got Transition?**

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

- Offers advice on changing to adult care for children, families, doctors and state policy makers. Has online classes, email newsletters, and Facebook and Twitter groups.

### GETTING ORGANIZED: TOOLKITS AND WORKSHEETS

- **Autism Speaks: Transition Toolkit**

<http://www.autismspeaks.org/family-services/toolkits/transition-tool-kit>

- Includes hands-on planning worksheets and facts for many topics, including physical and mental health, female health, hygiene, sexuality and relationships. Also covers how changing to adult care affects community, employment, school, housing and legal matters.



- **Autism Speaks: Getting Organized**
- [http://www.autismspeaks.org/sites/default/files/documents/transition/getting\\_organized.pdf](http://www.autismspeaks.org/sites/default/files/documents/transition/getting_organized.pdf)
- Offers print-out charts and worksheets that can be used to make a transition binder. Binder sections include healthcare, education and legal matters.
- **The North Carolina Office on Disability & Health: Child and Adolescent Health**
- <http://projects.fpg.unc.edu/~ncodh/ChildandAdolescentHealth/>
- Offers a list of guides, toolkits and fact sheets for doctors, families and children.

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- **Missouri Developmental Disability Resource Center: Medical Transition – A New Way to Support Families**

[http://www.moddr.org/user\\_storage/File/ihd/Medical%20Transition%2010-23-10.pdf](http://www.moddr.org/user_storage/File/ihd/Medical%20Transition%2010-23-10.pdf)

- This guide focuses on children and parent roles during changes in healthcare. It also has:
  - Transition timelines
  - Checklists and worksheets
  - Insurance help
  - Personal stories

- **Rhode Island Department of Health: Adolescent Transition for People With Special Health Care Needs**

<http://www.health.ri.gov/specialhealthcareneeds/about/adolescenttransition/index.php>

- Includes guides and planning worksheets. Topics cover how changing to adult care affects school, community and jobs.

## INTERACTIVE VIDEO AND WEB TOOLS

- **Institute for Child Health Policy FL**

<http://hctransitions.ichp.ufl.edu/hct-promo/>  
<http://hctransitions.ichp.ufl.edu/gladd/>

- Provides interactive web, video and print resources. The goal of these websites is to help children become independent with their healthcare and teach them how to be open with their family and doctor. Print tools are available in English and Spanish.

- **Florida Developmental Disabilities Council: Welcome to Health Care Transition**

<http://hctransitions.ichp.ufl.edu/ddcouncil/index.php>

- Offers videos that teach families and doctors about changing to adult care. Classes cover public and private healthcare systems, and how to find help as a family. The website is available in English and Spanish.

- **Autism Speaks: Resource Guide**

<http://www.autismspeaks.org/family-services/resource-guide>

- Provides an interactive map of the U.S. to find therapists, doctors, specialists, schools and community resources that are part of Defeat Autism Now! Services are listed for children from birth to 22 years old.

If you have any feedback on this document, please contact [mghfcpatienteducation@partners.org](mailto:mghfcpatienteducation@partners.org).  
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