

Health Care Transition Guide

Health Care Transition occurs when young adults, particularly those living with epilepsy, move from receiving pediatric health care services to adult health care services. Steps for a successful transition include:

Start the conversation about transition early

1  **Transition takes place over several years**  **Conversations with your epilepsy care team should start no later than age 12**  **Make sure to keep track of all conversations**


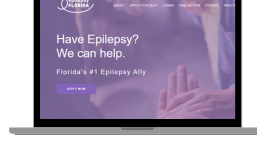
I care for someone with epilepsy | I am someone with epilepsy

Prepare every year for self-management

2  **Evaluate your self management skills each year with your team - It's important to track these skills every year to get ready for future responsibilities**


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Educate yourself

3  **Begin creating a transition plan at age 13 and review it each year**  **Focus on learning as much as you can to get ready for changing care to an adult doctor**

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Big decisions

4  **Make sure that self-care is a possibility and discuss legal responsibility by age 14**

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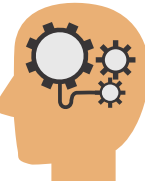

Work together

5 **Work together with your entire team to put together a solid transition plan. It should include topics like:**

 Overall health  Finances  Legal help  Education  Employment  Housing


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Be in the know

6  **Develop and confirm the neurologic portions of your transition plan**  **your transition plan yearly**

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Pick a new team

7  **Approximately 1 - 2 years before it's time for you to transfer to an adult doctor, work with your epilepsy care team to pick a new adult team**

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Confirm and communicate

8  **Confirm the transfer of care and start going to the new adult epilepsy doctor**

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For more information on Health Care Transition contact us 1-877-553-7453

