

## **Ready or Not ... The Transition to Adult Health Care: Mission *POSSIBLE!***

**Presenter:** Kristi Bickford

**Intended Audience:** All Audiences

### **Session Description**

Transition has been defined as “the purposeful, planned movement of adolescents and young adults with chronic physical and medical conditions from child-centered to adult-oriented health care systems.” The preparation for transition is of paramount importance to every patient diagnosed with a health impairment. Just as a student invests time and energy into studying for a mid-term exam in hopes of passing, a patient must also invest time and energy into preparing themselves for the responsibility of managing their own health successfully. Health management is often a burden carried by parents/family throughout a patient’s childhood and adolescent years. So when does the burden become the patient’s responsibility? How is the burden of responsibility passed on in a way that does not discourage and/or overwhelm a patient? And the last burning question that remains ... when does transition preparation begin?

Unlike your prom date, the transition from pediatric to adult-centered health care is a sure thing! This discussion will: explore the challenges faced by pediatric patients as they are forced to transition to the adult healthcare world; introduce the birth of UNC-Chapel Hill’s Transition Program; and share tools developed at UNC to aid in the transition process.