

Health Care Financing

- If your teenager is covered by your health insurance from work, they can stay on it until they are 26 yrs. of age.
- Your teenager may get health insurance through a job. Be sure to read the plan carefully to see what's covered and what's not.
- Young adults at 18 years of age with special needs can apply for NH Medicaid under the program known as Aid to the Permanently and Totally Disabled (APTD).
- If your young adult receives APTD Medicaid then gets a job he/she can transfer to the Medicaid for Employed Adults with Disabilities (MEAD) Program. Working people with disabilities pay a certain amount each month to the state in order to keep their Medicaid benefits.

Guardianship

- If your teen will not be able to make decisions about medical care independently, you will need to go to court to obtain guardianship once your child reaches age 18. If you do not do this, only the young adult will be asked to give consent for medical care, hospitalizations, surgery and treatments.

Supplemental Security Income (SSI)

- SSI from the Social Security Administration may be available to your teen at age 18.



Special Medical Services

Serving children and youth with special health care needs and their families.

1-800-852-3345 X 4488 or (603) 271-4488

<http://www.dhhs.state.nh.us/dcbcs/bds/sms/index.htm>



NH Pediatric Society

NH Chapter of the American Academy of Pediatrics

<http://nhps.org/>



NH Family Voices

A Family To Family Health Information Center

1-800-852-3345 X 4525 or

(603) 271-4525

www.nhfv.org

♥ A special thank you to the family members of the Youth Transition Advisory Group

Growing UP



Health Care Transition for Teens with Chronic Conditions

Tips for Parents

What is Health Care Transition?

Health Care Transition is the planned movement of teens/young adults with special health care needs from child-centered to adult-oriented healthcare. This transition process includes an ongoing dialog aimed at educating teens/young adults about their chronic condition and promoting gradual independence, informed decision making and successful navigation of resources and support systems.

- P R E P A R E -

Plan to take time to help your teen learn and build new skills.

Ready yourself and your teen for change.

Expectations and settings will change. Begin planning how to meet new expectations and accommodations.

Practice building self-care skills, communication skills, self-advocacy skills and other skills needed for independence.

Ask healthcare providers to help.

Realize it is important for your teen to know about his/her own health care in order to reach his/her fullest potential.

Experience will help your teen to reach his/her potential for independence.



How Can Your Teen's Primary Care Provider/Medical Home Help with Transition?

Starting when your teen is around age 12, they can:

- Assist your teen to take increasing responsibility for managing his/her chronic health condition, treatments and medications.
- Arrange to see your teen for both routine health promotion visits and chronic condition management visits.
- Assist your teen in understanding how lifestyle choices may affect his/her chronic health condition.
- Talk with your teen about how his/her role as a patient may change with an adult care provider.
- Talk with your teen about future adult health care needs and how these may change over time.
- Assist in identifying adult health care providers and facilitate the referral to the new provider.
- Provide a written transition medical summary for your teen and his/her adult health care provider.

How Can Special Medical Services Help with Transition?

We can:

- ★ Provide educational materials and information to assist with health care transition, chronic condition management and health insurance.
- ★ Coordinate with families and health care providers to promote health and prevent medical complications.
- ★ Provide financial assistance for medical care to those eligible up to age 21 yrs.

How Can NH Family Voices Help with Transition?

We can:

- ♥ Provide resources and referral information about of living arrangements, social/recreation opportunities, employment and guardianship, personal health and health insurance.
 - ♥ Identify funding resources and referral information for post secondary education, assistive technology.
 - ♥ Share information and a list of activities to help build self-care skills and independence.
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