

Transition Timeline to Adult Care: Know Before You Go!

Age 14-16

- Set up your routines such as taking medication and telling your parents when you are running out
- Connect with other youth through camps, sports, support groups
- Start to spend time with your health team alone
- Find out about volunteer opportunities or part time jobs to help increase your independence
- Explore options for driving or public transit
- If appropriate, talk to someone you trust about important issues such as sex, emotional health, smoking, alcohol, drugs
- Start a transition binder-include medical history, supplies, equipment needed, list of specialists, care providers and services used
- Plan for after high school-review IEP
- If home/living services are needed-learn about eligibility
- Determine if a Psycho-Educational assessment is needed
- You may need to consult a lawyer if your teen is incapable of making financial and/or health related decisions.
- If needed, obtain a diagnosis of disability in preparation for the ODSP application, must be done no later than age 17 and/or health related decisions

Ages 16 and up

- Continue to build on tips from previous age group
- Visit family doctor at least yearly
- If possible, develop a work/career plan-begin to set goals
- Plan and prepare healthy meals, develop positive ways to deal with stress and a plan on how to get support from community resources
- Know who to call and where to go in case of an emergency
- Increase your knowledge about your medications (how they work, side effects, what happens if you miss a dose, what happens when they are mixed with drugs or alcohol)
- Practice budgeting and banking skills
- Explore savings options, tax credits, educational grants, scholarships
- Confirm adult health insurance and medical benefits
- Apply for Special Accommodation/Disability if attending post secondary school (if you have an IEP make sure it's up to date)
- Make final appointments with health care team and collect all transition documents
- Discuss legal guardian, signing of consents
- If needed, apply for adult developmental services and supports through Developmental Services Ontario (DSO) and ODSP for income and employment support between the age of 16 and 17 years

