

EVERYONE HAS A ROLE

YOUTH visit a Family Practitioner (Family Physician or Nurse Practitioner) at least once a year.

YOUTH AND FAMILIES use the ON TRAC tools and online toolkits, to learn and practice skills to prepare and transfer to adult care.

HEALTH CARE PROVIDERS, use the ON TRAC clinical tools to assess and record a youth's planning and transfer of care.

By the youth's 16th year, **HEALTH CARE PROVIDERS** identify the youth's adult specialist(s) and services.

EVERYONE takes time to say farewell and ensures youth & families have all the information needed.

HEALTH CARE PROVIDERS & FAMILIES ensure that the transfer to adult specialist(s) and services are complete.

ADULT CARE PROVIDERS continue to support youth in their learning and skills and attachment to their new services.

EVERYONE completes the online survey "Your Feedback Matters" at www.ontracbc.ca



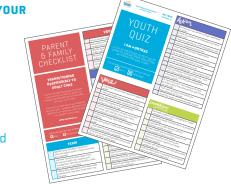
YOUR ONLINE TRANSITION TOOLS

DEVELOPED BY & FOR YOUTH & FAMILIES, THESE TOOLS WILL ASSIST YOU IN LEARNING ABOUT,

PARTICIPATING IN & MANAGING YOUR

Use the Youth
Quiz, Family
Checklist and
Transition
Timeline to find
out what you
need to know.

TRANSITION.



Use the online Toolkits, activities and videos to increase your knowledge and skills.

Seek help from professionals to get the information and support you need.

VISIT YOUR FAMILY PRACTITIONER

FAMILY PHYSICIAN OR NURSE PRACTITIONER

TO COORDINATE CARE

- keep all health records
- · refer to Specialists

TO STAY HEALTHY

- screen for problems or complications
- review and refill medications
- vaccinate

TO SEEK COUNSELLING

- diet and activities
- healthy relationship & sexual health
- · drugs, alcohol and addictions
- stress, anxiety, depression



GETTING ON TRAC FOR ADULT CARE

TRANSITION.

is a journey taken by youth together with their families. For those with chronic health conditions and/or disabilities, planning and preparation starts at the age of 12 with the support of family and health care providers, in order to transfer safely into the adult health care system by the age of 18.

WHO CAN HELP WITH YOUR TRANSITION?

Your family practitioner, specialists, nurses and social workers, family members, therapists, school, community organizations and government services.

ONTRACBC.CA

ON TRAC Transition to Adult Care Timeline

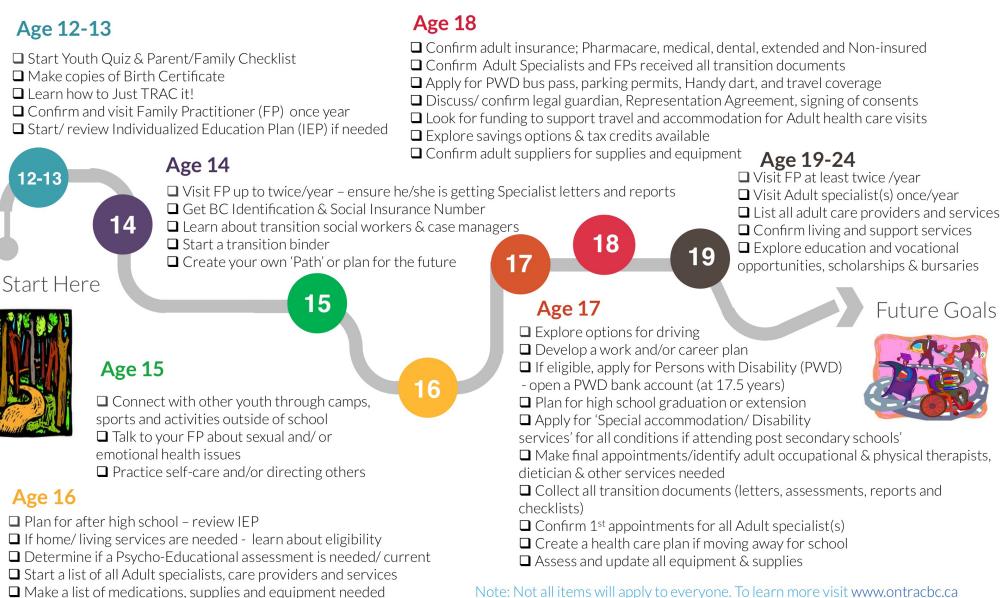
☐ Learn about educational grants, bursaries and scholarships







"Take it step by step, moment by moment - break it into small manageable pieces. Pat yourself on the back for steps accomplished" ... a parent who has been there.



Note: Not all items will apply to everyone. To learn more visit <u>www.ontracbc.ca</u> Family and Youth Toolkit for explanations, tips, handouts and resources.