

Resources and Contacts

Social Security Income for children and adults (www.ssa.gov)
800 772 1213 (TTY 800 325 0778)

Department of Developmental Services (www.ct.gov/dds) 866 737 0330 (TD 860 418 6079)

Bureau of Rehabilitative Services (www.ct.gov/brs) 800 842 8320

Selective Service (www.sss.gov)
847 688 6888 (TTY 847 688 2567)

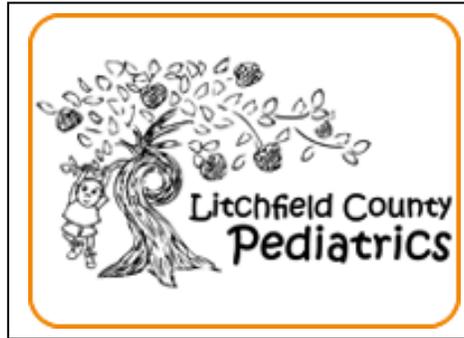
United Way of CT 2-1-1 Infoline (www.infoline.org) or call 211

Voter Registration (www.voterregistration.ct.gov)

Driving (www.ct.gov/dmv)

Healthcare Marketplace for Affordable Care Act (www.accesshealthct.com)

Center for Disability Law in CT (www.ctlawhelp.org)



For further information about your medical transition to adult care, contact:

Litchfield County Pediatrics
20 Felicity Lane
Torrington, CT 06790
860 489 4144 office
860 489 4412 fax
www.lcpediatrics.com

Office Hours:
Monday-Friday 9-4:30pm (closed for lunch 12-1pm)

You can also make an appointment with our nurse care coordinator for more detailed concerns at 860 496 0809

“Our future exists in the hopes of our children.....”

Litchfield County Pediatrics Transition to Adult Healthcare Information



You have experienced many transitions, large and small over the years. Transitions involve changes, adding new expectations, and responsibilities, finding new resources and letting go of others.

If you are 14 years or older, you will need to start thinking about moving into new programs and working with new agencies and providers as you continue to grow into adulthood. We are here to help you prepare for your eventual transition to adult care.

We hope this information will help you as you plan for your future.

Becoming More Independent

- ♥ Learn as much as you can about your healthcare needs. Ask your parent about areas you are unsure.
- ♥ Ask your medical provider to help you to write an up-to-date medical summary including your conditions, surgeries, treatments, and current providers.
- ♥ Learn to make and keep medical appointments, refill medications and order supplies.
- ♥ With your parents' help, begin to search for an adult provider.
- ♥ If you have special education at school, we encourage you to attend the PPT meetings and express your goals. Keep a copy of the plan and make sure it is followed.
- ♥ Explore volunteer and work activities. Begin to think about any career interests.
- ♥ If you plan to enroll in college, technical school or job work course, you will need to think about transportation accommodations and financial aid.
- ♥ Find and participate in social and recreational activities.
- ♥ Discuss with your parents your daily living situation and living independently if that is possible.
- ♥ At age 18, all males must register with the Selective Service.

Transition Resources

- ♥ **National Healthcare Transition Center** (www.gottransition.org)
- ♥ **Transition Information for CT** (www.ct.gov/dph/cwp/view.asp?a=3138&q=432684&pm=1)
- ♥ **Transition Information** www.medicalhomeinfo.org/transtion
- ♥ **More Transition Info** (www.youthhood.org)
- ♥ **Becoming Leaders for Tomorrow** (www.bl.t.cpd.usu.edu)
- ♥ **Bureau of Special Education CT** (www.sde.ct.gov)



"Transition is a process, not an event...." from National Center for Youth with Disabilities

Questions to consider when preparing for the transition to adulthood...



- ♥ Do you know your medical needs?
- ♥ Can you explain those needs to others?
- ♥ Do you know what symptoms you may have in an emergency?
- ♥ Do you know your medications and when to take them?
- ♥ Do you know your allergies?
- ♥ Do you have a current medical summary with all your medical needs?
- ♥ Do you have your visit with your doctor alone or with parent/guardian?
- ♥ Do you know that healthcare privacy changes when you turn 18 years old?
- ♥ Do you know your doctor's phone number?
- ♥ Can you make your own appointment?
- ♥ Can you prepare a list of questions to ask your doctor at the visit?
- ♥ Do you know how to get to your doctor's office?
- ♥ Do you know how to fill out medical forms?
- ♥ Do you know how to get referrals to specialists or other providers?
- ♥ Do you know how to refill your medicines at the pharmacy?
- ♥ Do you know where to get x rays or lab work?
- ♥ Have you considered your health insurance needs when you turn 18?
- ♥ Is there a plan for supported decision making if needed when you become an adult?