

A Major Crossroad: Welcome to Adulthood

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Transitions

- ▶ “Changes”
- ▶ Move from school to adulthood
 - ▶ BIG Changes
 - ▶ Safety of Education System and School Transportation
- ▶ Move to Workforce or Adult Day Programs
 - ▶ Transportation NOT AS STABLE
- ▶ CHANGE DOCTORS

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Development Disabilities

- * Intellectual Disabilities
- * Cerebral Palsey
- * Autism
- * Epilepsy
- * Significant Learning Disabilities
- * Neurological Conditions
- * Down Syndrome

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2024 Demographics USA

1.49% of entire population, about 4 million adults, have I.D.D.

~ 1.5 million females

~ 2.4 million males

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When Is It Time To Break Up With Your Pediatrician???

- ~ Usually 18 to 21 years old
- ~ Adult Care Physicians - Internal Medicine vs Family Medicine

- * Family Medicine Providers
 - ~ Trained for ages from newborn to senior citizens
 - ~ Manage acute and chronic health care needs

- * Internal Medicine Providers
 - ~ Specialize in adult medicine only
 - ~ Trained to treat a variety of complex chronic conditions

Tips for Switching to Adult Primary Care

1. Ask your current provider for a referral
2. Check with your insurance company for a list of providers
3. Go over all your medications currently prescribed, including names, doses, and reason for taking
4. Prepare to transfer any immunization and electronic records
5. Search for Providers near where you live
6. Be prepared to share your Family Medical History like heart disease, cancer and behavioral health
7. Begin the process one year before you actually plan to switch. Keep your Pediatrician informed.

It's Time to Switch When Your Child Doesn't Fit into the "Tiny Chairs" in the Waiting Room

Chronic conditions make the Transition more difficult, including congenital heart defects, autism, cystic fibrosis, sickle cell disease and neurological disorders as well as I.D.D.

Most Teens are ready to switch when they become legal adults at 18!

A Teen with a disability may not be able to advocate for him/her self. This would be the time to discuss Guardianship.

Guardianship is an important issue to discuss.

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It's Time to Switch When Your Child Doesn't Fit into the "Tiny Chairs" in the Waiting Room (continued)

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Major Concerns

- Shortage of Health Professionals
- Access to Quality Care
- Insurance Concerns
- Transition to Specialist Physicians

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Most Important to Consider

- ~ Professional education and training
- ~ Coordinated care with a team approach
- ~ Tools to ensure effective communication
- ~ Allowing more time for visits
- ~ Accessible diagnostic and other equipment (adjustable exam table, Hoyer Lifter)

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Issues of Concern

- ~ Communicating effectively
- ~ Informed consent
- ~ Medical office
 - 1st appointment in AM
 - or 1st appointment after lunch
- ~ Possibly schedule a meeting at the office to meet the staff, become familiar with staff, schedule a follow up appointment
- ~ Ask HCP to address the patient directly
- ~ Everything may not be able to be accomplished in one visit.

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Adult Chronic Conditions

- ~ Respiratory Infections
- ~ Heart Conditions
- ~ Infections
- ~ Reduced Mobility
- ~ Seizures
- ~ Dependency in eating and toileting
- ~ Osteoporosis

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Barriers to Health Care

- ~ Lack of information
- ~ Shortage of trained providers
- ~ Access and transportation problems
- ~ Lack of health insurance coverage
- ~ Cultural and language barriers
- ~ Limited patient education materials
- ~ Lack of psychiatric and behavioral specialists
- ~ Lack of Specialists

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Barriers to Health Care (continued)

How to Communicate if Non-verbal, Hard of Hearing

- ~ Wait in car. Have front desk text patient when ready for them
- ~ If long visits are difficult, DO several short ones
- ~ Guardianship issues – once 18 patient is their own guardian
- ~ Complex medical issues complicates the transition even more

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Helpful Tips

1. Ideal age is 14 to 18 years old
2. Do it when well
3. Visit office, meet staff
4. 1st appointment in am, right after lunch
5. IPAD, book, to keep busy
6. There is a getting to know you period
7. Get accurate summary of health and medical history for new MD
8. Can be concerning for families
9. If patient is not easy to get to know, offer tricks and tips to the Doctor
10. Take a deep breathe, you can do this!

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New Idea! Joint Telehealth Visit. Adult Provider. Ask Questions, Share Information. How to Make the Most of Your Doctor's Visit

1. Be on time!
2. Have a list of all current medications and OTC supplements
3. Have insurance cards
4. Have contact information for any specialist Physicians.