
"Help Them Grow...so They're Good 2 Go" Timelines

The "Help Them Grow...so they're Good 2 Go Timelines" were developed by The Hospital for Sick Children to provide age-appropriate tasks and ideas for parents of younger children and ideas for teens/youth to develop independence in many areas of one's life – socially, with family, in school and in the medical domain. Currently 19 clinic-specific timelines are available to download.

<http://www.sickkids.ca/Good2Go/For-Youth-and-Families/Transition-Tools/Help-Them-Grow-so-They're-Good-2-Go-Timelines/Index.html>

For the diabetes specific 'timeline', see

<http://www.sickkids.ca/pdfs/good2go/33906-Diabetes%20-%20Timeline%20-%20Handout.pdf>

The Royal Children's Hospital, Melbourne, Australia

A series of Transition 'checklists' that are available online in a 'fillable' pdf format to support printing of the completed form. They include:

- * Health care skills checklists
- * Readiness to transfer checklist
- * Transfer to adult services passport
- * Young person self-referral letter
- * Healthcare Transition Plan

http://www.rch.org.au/transition/factsheets_and_tools/transition_checklists/

Southampton Children's Hospital, UK, "Ready Steady, Go" Program

This program includes a series of downloadable questionnaires and basic information documents for patient and parent and a tracking form for care providers

- * A basic description of transition and help available
- * Parent questionnaire to assess level of transition knowledge plus attitudes toward 'independence' of the patient
- * Ready questionnaire to help shape a patient-specific plan
- * Steady questionnaire to assess continuing progress
- * Go questionnaire to elicit answers identifying remaining education needs
- * A form for use by providers that summarizes patient progress through the 3 phases of transition plan, i.e., Ready, Steady, Go.

<http://www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Transitiontoadultcare.aspx>

B. Planning - Checklists

- * **Pediatric to Adult Diabetes Care Transition Planning Checklist**, National Diabetes Education Program (NDEP)

This checklist is organized in groups as 'time-before-transition'. It is intended to help the health care provider, young adult, and family discuss and plan the change from pediatric to adult health care. While a variety of events may affect the actual timing when this change occurs, this is a suggested timeline and topics for review. The young adult, family, and health care provider can obtain a copy of this checklist and access many online transition resources at the NDEP website

<https://www.niddk.nih.gov/health-information/health-communication-programs/ndep/living-with-diabetes/youth-teens/transition-adult-health-care/planning-checklist/Pages/planningchecklist.aspx>

* **Transition Care Checklist**, Kovler Diabetes Center, University of Chicago

This checklist is organized by age group, e.g., 8 – 10, 11 – 12, 18 – 21 and has the same intent as the NDEP checklist cited above. These two checklists used together can provide a very helpful framework for transition planning as well as identification of specific topics required to be addressed as part of the education process.

<http://kovlerdiabetescenter.org/wp-content/uploads/2014/11/UCM-Transition-Care-Checklist-2016.pdf>

C. Readiness Checklists

These tools help patients and parents to answer the following questions: "How do I know if I am ready to leave?" and "What do I need to do to be able to enter the adult health care system?"

* **The Hospital for Sick Children (separate versions for patient and parent)**

<http://www.sickkids.ca/Good2Go/For-Youth-and-Families/Transition-Tools/Readiness-Checklists/Index.html>

* **Got Transition, Washington, DC**

Got Transition/Center for Health Care Transition Improvement is a cooperative agreement between the Maternal and Child Health Bureau and The National Alliance to Advance Adolescent Health.

See readiness checklist at <http://www.gottransition.org/resourceGet.cfm?id=224>

Note: The Got Transition website has a very wide spectrum of documents and resources relating to Transition including a number of links to resources relevant to support for youth living with mental disorders. It may be the most comprehensive collection currently available.

See <http://www.gottransition.org/about/index.cfm>

D. Booklets

* *The Getting Ready for Adult Care* booklet is used at The Hospital for Sick Children, Toronto for patients and their families to review around the time of graduation (and before the first adult appointment). The booklet provides general tips and advice for graduating youth, including what to expect at and how to prepare for the first adult appointments or inpatient stays in most adult hospitals. <http://www.sickkids.ca/pdfs/good2go/59866-6.2.7%20Getting%20Ready%20for%20Adult%20Care%20Booklet.pdf>

* The *Transition to Health Care Checklist* booklet, developed at the University of Wisconsin, is intended for youth and young adults who are preparing for the transition to life as an adult. The purpose of the booklet is to provide a general overview of the knowledge, skills and actions that need to be addressed as part of the fluid process of adolescent transition for youth with special health care needs. It is not disease-specific.

While this booklet is intended for emerging adults it has the helpful benefit of indirect assistance for health care transition planners in that the age range competency lists are direct pointers to required content for inclusion in a Transition Competency Plan. As well, the 'Key Questions' section includes a relevant list for health care providers.

[Transitioning Health Care Checklist: Preparing for Life as an Adult \(2015 update\)](http://www.waisman.wisc.edu/cedd/pdfs/products/health/THCL.pdf)

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