

Who should go to the consultation?

Young Adults ages 15-21 with disabilities or complex medical conditions. These youth may be receiving services from:

- Aged and Disabled (A&D) Medicaid Waiver
- Medically Handicapped Children's Program (MHCP)
- Supplemental Security Income/ Disabled Children's Program (SSI/DCP)

The youth, family, and Services Coordinator all may attend the consultation together.

Why plan for adulthood?

- To prepare for changes in health care and prescription coverage that may occur when a youth turns 18.
- To identify new health care providers based on adult health needs.
- To learn how to keep benefits with paid employment.
- To think about housing options and independent living.
- Everyone, not just people with disabilities, needs to think about what they want for the future and how to get it.

Where is it held?

Transition Consultations are held at **Munroe-Meyer Institute**, part of the University of Nebraska Medical Center in Omaha. If you do not live in Omaha, you can still participate in a consultation by telemedicine, available at 81 hospitals across the state.

Questions about the Transition Consultation?

Contact:

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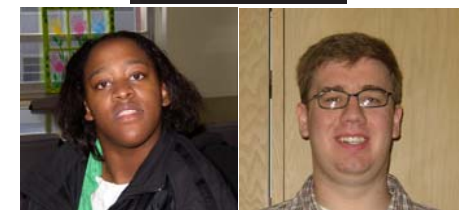


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*DHSS - State of Nebraska
Munroe-Meyer Institute
Easter Seals Nebraska*

Transition Consultation:

Helping Young Adults with Special Health Care Needs Prepare for Adult Life



The Transition Consultation offers help in preparing for adult health care, paid employment, and independent living.

Transition Consultation

Many changes will occur as your child becomes an adult. Your son or daughter's health care needs and services can change in ways you may not have thought about. He or she may need to find adult doctors or want information on how to live independently.

This transition can be challenging for families. Just as your child will transition into adulthood, you also have to make a transition and begin to see your child as a young adult who can learn to advocate for himself or herself.

As a parent, you want to give your child the best future possible. We can help.

The Transition Consultation involves 2 meetings. The first meeting is a time for your family to talk with the core team about your situation and goals. A transition plan is written and then reviewed at the second visit.

Together we will build a plan for your young adult, starting with health care needs, so that he or she can have a smooth transition to adulthood, be in control of his or her own health care, and live as independently as possible.

What will happen at the consultation?

You, your child, and his/her Services Coordinator will meet with a core team to discuss current and possible future concerns in order to make a plan for transition to adult life. The team includes:

- Dr. Howard Needleman, a **Developmental Pediatrician** specializing in children with disabilities;
- Dr. Mark Fleisher, a **Psychiatrist** with expertise in working with adults with disabilities;
- Dr. Jennifer Parker, an **Internal Medicine-Pediatrics** physician with expertise in pediatric and adult medicine ;
- Sandy Houser, a **Clinical Nurse Specialist** who guides families and physicians through the consultation visit;



Team L to R: Dr. Fleisher, Sandy Houser, Dr. Parker, Dr. Needleman, Tina Sedersten, Shirley Dean.

- Shirley Dean, the **Consumer Family Coordinator** who facilitates the consultation and is a contact for families; and
- Tina Sedersten, a Social Worker who works with Shirley Dean as the **Navigator** to support families as they develop and implement the transition plan.

What you will gain from going to the consultation:

- A written plan on how to address healthcare needs during transition;
- Awareness of what benefits will change with age;
- Knowledge of work incentives (how you can have a paid job and keep medical benefits if needed);
- Referrals to agencies that assist with living independently;
- Resources to help with specific needs; and
- Contact information for adult specialists.

What you should know:

- The Transition Consultation is a free service, paid for by a federal grant. Your family will not have to pay for anything at the visit.
- You and your child will receive ideas on locating adult health care providers, if needed.
- **The doctors at the consultation appointment will not replace your local physician.** They are there only to help your family with a transition plan.
- **To schedule an appointment, contact your Services Coordinator.**
- Consultations are usually held on Friday mornings.