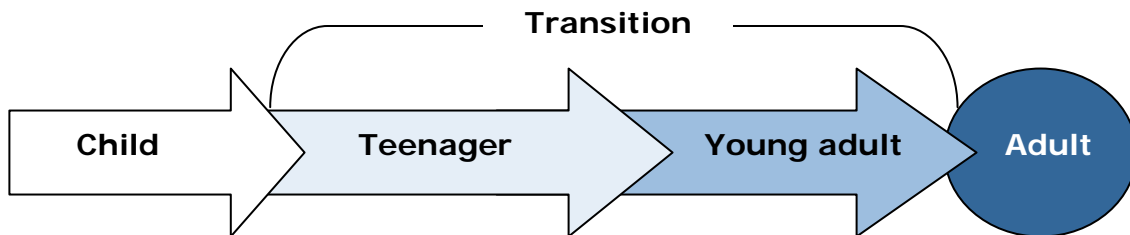


Getting ready for your teen's GUTSY move to adult care

Over the next few years, your teen will gradually take on more responsibility for his or her health. This process, called transition, is part of growing up.



Throughout childhood, you took care of your child along with the health care team.

During the teenage years, you and the health care team will help your teen learn how to take care of himself/herself.

Your teen will gradually take on more responsibility for his or her own care.

As a young adult, your teen will leave McMaster Children's Hospital and "graduate" to adult care.

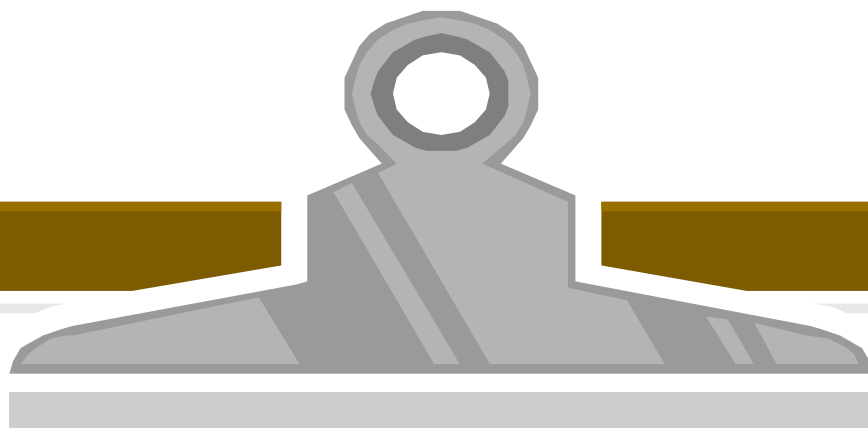
When your teen becomes an adult, he or she will be responsible for his or her own health, with help from others as needed.

By the age of 18, most teens are ready to begin adult care. At the Adult Digestive Diseases Clinic, teens can continue taking charge of their health care.

The health care team will work closely with you and your teen to make his or her 'graduation' to adult care go as smoothly as possible.

What you can do to help your teen:

- discuss what your teen can expect
- understand that the change is gradual, not sudden
- support your teen along the way
- be prepared to let your teen take more responsibility for their health and care
- See the next page for specific ways to help!



parents' checklist for a GUTSY move

- Let your teen meet with team members by himself/herself. You can come in at the end, if he or she wishes.
- Help your teen get involved in making decisions about his or her care. Encourage your teen to ask for information and help when needed.
- Change can be stressful at times. It can help to talk with your teen about his or her feelings.
- Help your teen learn about healthy lifestyle choices. Talk about nutrition, physical activity, alcohol, smoking, drugs, etc.
- Encourage your teen to think about the future and set some short term goals. Mastering short term goals gives your teen confidence.
- Help your teen learn about IBD and how to manage it. Discuss what to watch for, when to get help, and how to contact the IBD team.
- Let your teen take more responsibility for making appointments, and getting there on time.
- Help your teen fill out the progress note on the clipboard at clinic visits.
- Help your teen learn the names of his or her medications and how to take them. Show your teen how to order medications from the pharmacy.
- Help your teen learn how to keep his or her own records, communicate with health care providers, and advocate or “speak up” for himself/herself.