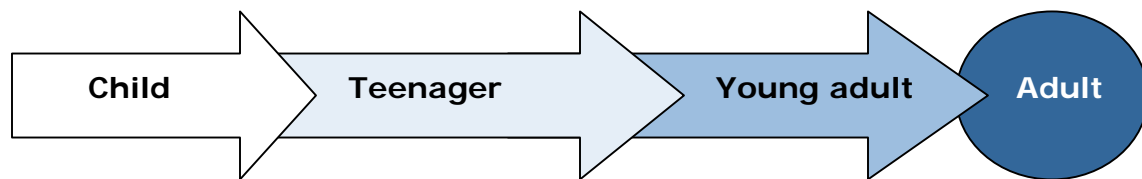


## Helping your child get ready for adult care

### Information for parents of teens at the Spasticity Clinic

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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.

To the extent that he or she is able, your teen will gradually take on more responsibility for his/her own care.

As a young adult, your teen will transfer from McMaster Children's Hospital to adult care.

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

At around 18, most teens are ready to say goodbye to the Spasticity Clinic. They transfer to adult care where they begin taking charge of their health care. The exact time of the transfer varies from person to person.

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.

We will help by:

- ✓ telling your teen what to expect
- ✓ giving your teen lots of information about your health
- ✓ helping your teen make plans, set goals and learn what you need to do
- ✓ making the change gradual, not sudden
- ✓ supporting you and your teen along the way

## Planning your teen’s ‘graduation’ from the Spasticity Clinic to adult care

Over several years, we will work together to help your teen learn to be more in charge of his or her life and health care. This timeline shows you the activities we’ll do at each step along the way.



<b>Step 1</b> <b>Age 14 to 15</b>	<b>Step 2</b> <b>Age 16</b>	<b>Step 3</b> <b>Age 17 to 18</b>	<b>Step 4</b> <b>Before age 19</b>
<ul style="list-style-type: none"> <li>• Start talking about the process of “transition” to adult care.</li> <li>• Spend some time alone with your teen at each visit, before we ask you to join us.</li> <li>• Depending on where you live, we may refer your teen to the Teen &amp; Transition Clinic at Chedoke.</li> </ul>	<ul style="list-style-type: none"> <li>• You teen will have his/her first appointment with the doctor by himself/herself, then, you will join in.</li> <li>• We encourage your teen to share information about his or her health: how he/she is feeling and how he/she has been doing.</li> <li>• Your teen can get comfortable asking questions of health care providers.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the timing of your teen’s “transfer” to adult care.</li> <li>• The team will review health services and resources with your teen (such as Ontario Disability Social Plan, ODSP).</li> </ul> <p>For spasticity management, we will:</p> <ul style="list-style-type: none"> <li>• link your teen with your family doctor</li> <li>• refer your teen to an Adult Physiatrist (rehabilitation doctor)</li> <li>• link your teen to the adult seating services if needed</li> </ul>	<ul style="list-style-type: none"> <li>• Graduation day!</li> <li>• Your teens’ last visit with the Spasticity Clinic health care team.</li> </ul>