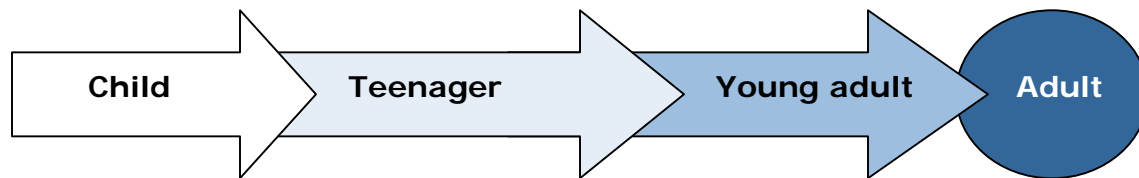


# Getting ready for adult care

## Information for teens at the Spasticity Clinic

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As a teenager, you are starting to learn how to take care of yourself. Over the next few years you will gradually take on more responsibility for your health. This process, called transition, is part of growing up.



As a child, your parents and the health care team took care of you.

During your teenage years, parents and the health care team help you learn what you need to know and do to take care of yourself.

You gradually take on more responsibility for your care.

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

As an adult, you are responsible for yourself, including the health care you need for spasticity problems.

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.

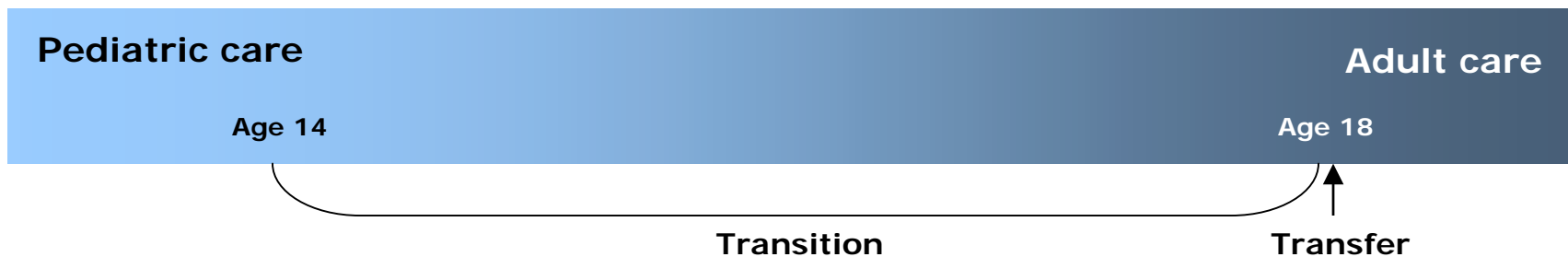
Your health care team will work closely with you and your parents to make your 'graduation' to adult care go as smoothly as possible.

We will help by:

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

## Planning your 'graduation' from the Spasticity Clinic to adult care

Over several years, we will work together to help you learn to be more in charge of your 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 you at each visit, before we ask your parents to join us.</li> <li>• Depending on where you live, we may refer you to the Teen &amp; Transition Clinic at Chedoke.</li> </ul>	<ul style="list-style-type: none"> <li>• You will have your first appointment with the doctor by yourself. Then, your mother or father will join in.</li> <li>• Share information about your health: how you are feeling and how you have been doing.</li> <li>• Get comfortable asking questions of health care providers.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the timing of your “transfer” to adult care.</li> <li>• The team will review health services and resources with you (such as Ontario Disability Social Plan, ODSP).</li> </ul> <p>For spasticity management:</p> <ul style="list-style-type: none"> <li>• link with your family doctor</li> <li>• get a referral to an Adult Physiatrist (rehabilitation doctor)</li> <li>• link to the adult seating services if needed</li> </ul>	<ul style="list-style-type: none"> <li>• Graduation day!</li> <li>• Your last visit with the Spasticity Clinic health care team.</li> </ul>