

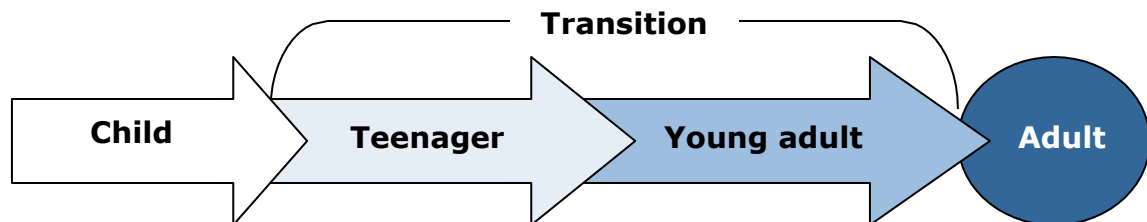
# Planning my GUTSY move and Transition to Adult Care

---



## What is transition?

- Transition means change.
- Your teenage years are full of changes. As you grow and develop, you become more independent and responsible for your choices in life.
- Your health care needs change too.



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 leave McMaster Children's Hospital and 'graduate' to adult care.

As an adult, you continue to take more responsibility for yourself, including your health care.

You can decide who you would like to include in your care.

---

## How and when does this happen?



- Change is easier when you have a plan and people to help you.
- Your parents and health care providers will help you plan a smooth move to adult care. We call this “transition planning”.
- This doesn’t happen overnight. It takes place over time, starting in your early teen years and continuing, as you become a young adult.
- Moving to adult care takes place around your 18<sup>th</sup> birthday.

## Who will help me?

- The members of your IBD team will help you, along with your family and friends. We will work together to help you learn how to care for yourself and live well with IBD. We have tools and resources to help you.
- During your visits, each member of your health care team will help you gain the knowledge and skills needed to understand and manage your IBD independently.
- We will support and encourage you to take responsibility for managing your IBD. This is called self-management. You will continue to make more decisions about your care. We will listen and respect your choices.



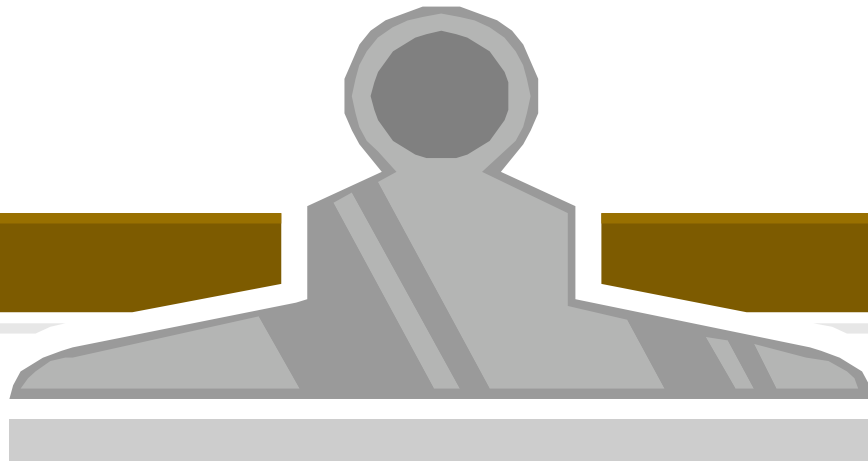
## What will I need to do?

- Visit the clinic (3E Centre for Child & Youth Digestive Health) regularly as you learn to monitor your health and manage your IBD.
- Help us get to know you better. Sharing information about your life can help us plan care that is right for you. We would like to know what is important to you and what you would like to learn. Let us know how we can best help you.
- Feel free to ask questions of any team member, at any time.
- Learning new skills takes time and practice. Be patient with yourself. It is normal to have some setbacks along the road to independence. Look at this as a chance to learn more about yourself.
- There is a lot to learn, but don't worry. You will have lots of time and lots of help to plan a smooth move.
- You will be invited to visit the AYA ( Adolescent and Young Adult) IBD ( Inflammatory Bowel Disease) Transition Clinic between the ages of 16 and 17. The AYAI BD Transition clinic is located in the Boris clinic at McMaster, on the 4<sup>th</sup> floor Yellow Elevator. You will “graduate” from McMaster Children’s Hospital before or near your 18<sup>th</sup> birthday. Graduating means you will also have your last visit with your Doctor and health team in the 3E IBD clinic.



**If you have questions or concerns,  
talk with a member of your IBD team.**

**We are here to help!**



## Checklist for a GUSTY move

- Meet with team members by yourself. You can invite your parents to come in at the end, if you wish.
- Get involved in making decisions about your care. Ask for information, support and help whenever you need it.
- Keep in touch with your feelings. Managing change can be stressful at times. It can help to talk with someone you trust or keep a journal.
- Learn about healthy lifestyle choices. Make decisions that are right for you about nutrition, physical activity, alcohol, smoking, drugs, etc.
- Spend some time thinking about what you want in the future. Set some short-term goals that will help you get there. Mastering small steps lets you see your progress and gives you confidence to take charge of your life.
- Learn about IBD and how to manage it. Know what to watch for, when to get help, and how to contact your IBD team.
- Keep all your appointments, for clinic visits and blood tests. Call us when you need to change or cancel an appointment.
- Fill out your progress note on the clipboard at your clinic visits, by yourself or with a little help from your parents and the health care team.
- Learn the names of your medications and how to take them. Learn how to order your medications from the pharmacy. Talk to your pharmacist if you have questions.
- Learn how to make your own appointments, keep your own records, communicate with health care providers, and advocate or “speak up” for yourself.

# Your GUTSY Move Toolkit



## Download the MYTransition App

This free app can be downloaded via the Apple app store. Keep all your IBD information there, including appointments, medications, important phone numbers (ie pharmacy ect).



## Follow the TransQ Questionnaire

Located on the MYTransition App, this tool is often used to see how ready you are for transitioning to the Adult IBD Care and what areas of improvement you can work on.

### Write and Practice Speaking: My 3 Sentence Summary:

1. Age at Diagnosis and brief history
2. Treatment Plan ( include a list of your medications)
3. Questions or concerns for your visit

### Review sample of My 3 Sentence Summary:

“Hello, My name is Jamie”

*Sentence #1:* “I am 16 yrs old and have had Crohns since I was 12. I was recently hospitalized and had a MRI.

*Sentence #2:* “I have been taking Imuran since I was 12 yrs old and have started Prednisone 2 weeks ago.

*Sentence #3:* “I am here today because I still have blood in my stools”.



## Visit Websites:

- **KidsDigHealth:** <https://www.kidsdighealth.org/>

Click on Gutsy Move to Adult (at top of page) for Transition information. Remember to click on **YOU** for your brochure and then **Parents** for their brochure. Or ask at your 3E clinic visit for a copy.

- **Crohns and Colitis Canada:** [www.crohnsandcolitis.ca](http://www.crohnsandcolitis.ca)