Elevating Health Care Transition in Special Education: **National & State Strategies**

CAPACITY BUILDING INSTITUTE 2024

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TO ADVANCE ADOLESCENT HEALTH



About Got Transition

Got Transition is the federally funded national resource center on health care transition. Its aim is to improve the transition from pediatric to adult health care through the use of evidence-driven strategies for clinicians and other health care professionals; public health programs; payers and plans; youth and young adults; and parents and caregivers.



HealthCareTransition



@GotTransition2



GotTransition.org





Objectives

By the end of the session, you will be able to...

- 1. Discuss the importance of health care transition (HCT) as part of IEP transition planning.
- 2. Describe latest national special education HCT resources and best practices.
- 3. Learn about state strategies for including HCT in IEP transition planning.





What is Health Care Transition?

- The goals of health care transition (HCT) are to:
 - Improve the ability of youth and young adults to manage their own health and health care and effectively use health services
 - Ensure an organized clinical process in pediatric and adult practices to facilitate HCT preparation, transfer of care, and integration into adult care





What is Health Care Transition, cont?

- Evidence shows that a structured HCT process can lead to improvements in:
 - Health (e.g., adherence to care, quality of life)
 - Patient experience (e.g., satisfaction), and
 - Utilization of care (e.g., decrease in hospitalizations, shorter length of stay, increase in visits with adult providers)^{1,2}
- HCT Clinical Report from American Academy of Pediatrics, American Academy of Family Physicians, and American College of Physicians calls for all youth with and without special health care needs to receive a structured HCT process, that includes assistance with transition planning, transfer to adult care, and integration into adult care.

³ White P, et al. Supporting the health care transition from adolescence to adulthood in the medical home. *Pediatrics*. 2018;142(5): e20182587



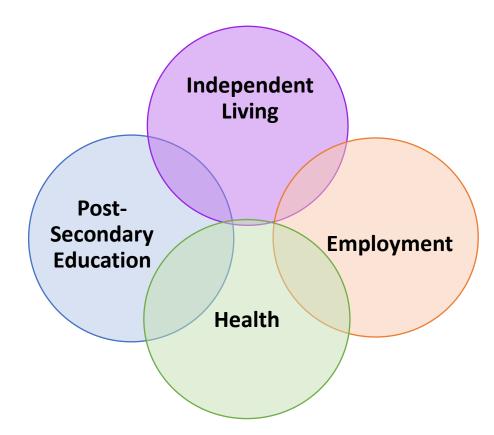


¹Gabriel P, et al.. Outcome evidence for structured pediatric to adult health care transition interventions: a systematic review. The Journal of pediatrics. 2017;188:263-9.

² Schmidt A, et al. Outcomes of pediatric to adult health care transition interventions: An updated systematic review. *Journal of Pediatric Nursing*. 2020;51:92-107.

The Importance of HCT Planning

- HCT is important in areas of post-secondary education, employment, and independent living.
- However, little attention has been directed at helping students learn about their own health needs and medicines, how best to manage their own health, how to use health care, and how to plan for transfer to adult health care.







Incorporating HCT in Special Education

- The Individuals with Disabilities Education Act (IDEA) has no explicit reference to health
- "Transition services means a coordinated set of activities that include post-secondary education, vocational education, integrated employment, continuing and adult education, adult services, **independent living**, or community participation."

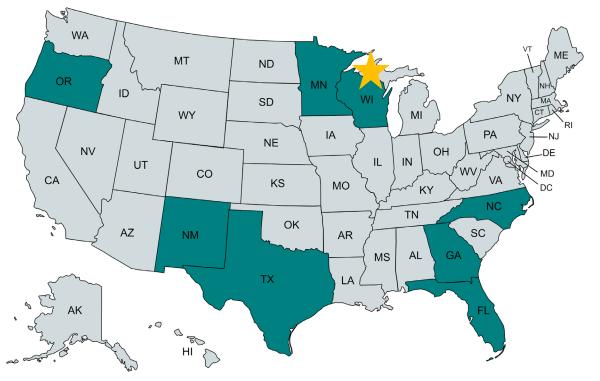




Special Education and HCT 8-State Learning Community

With funding from funded by the U.S.
 Department of Health and Human
 Service's Maternal and Child Health
 Bureau, NAAAH/Got Transition has
 convened 8 states (FL, GA, MN, NM, NC,
 OR, TX, WI) in a learning community to
 elevate the importance of HCT planning
 for students with disabilities.

The learning community meets bimonthly to review collaborative health and education opportunities







Wisconsin's Efforts to Elevate HCT

- Partnerships in Place
 - ✓ Wisconsin Community on Transition (WiCoT)
 - ✓ Independent Living Goals in the Post-Secondary Transition Plan (PTP)
 - ✓ Interagency Agreement (DPI, DHS, DVR)
 - **✓** Co-presentations at Conferences





Wisconsin's Efforts to Elevate HCT...

- Recent Efforts
 - ✓ Considerations for Health Care in Beyond 18 programs
 - **✓** Case Statement
 - ✓ Working with School Nurses





Wisconsin's Efforts to Elevate HCT cont.

- Future Plans
 - **✓** Continue Discussions
 - **✓** Got Transition Technical Assistance







Incorporating HCT in Special Education:





Got Transition Tools

Got Transition, in partnership with DC's Community of Practice on Secondary Transition and with extensive input from special educators, city officials, and families, created the following two tools for students with an IEP and special educators:

1. Health Care Transition Readiness Assessment

• Completion of Got Transition's Health Care Transition Readiness Assessment for Students with an IEP will reveal student knowledge about their health and using health care and areas they need to learn more about.

2. <u>Health Care Transition Sample Goals</u>

• Practical, achievable, and measurable sample goals based on the results of the assessment can be used by IEP team to develop transition plan goals.





Health Care Transition Readiness Assessment for Students with an IEP





Pediatric to Adult Health Care Transition Tool

Student Name:

Health Care Transition Readiness Assessment for Students

Student Date of Birth:

This health care transition readiness assessment is intended for students and their family/caregivers to compete as part of IEP transition planning meetings. If a student is unable to fill out this form, the student can complete it with the help of their family/caregiver.

Directions: Please check the box next to the answer that best applies to you right now. This helps us see what you already know about your health and using health care and areas that you need to learn more about.

Completed	ву:				Date Comple	etea:					
Personal	Care (relate	ed to dressi	ina. eatina.	bathina.	and movina)	Use	of Commu	nication Su	pports		
Personal Care (related to dressing, eating, bathing, and moving) ☐ I am able to care for all my needs ☐ Text-to-speech technology											
□ I need a little bit of help to care for my needs □ Assistive Listening Systems						5					
□ I need a lot of help to care for my needs □ ASL/Interpretation technology											
☐ I need help to care for all my needs ☐ Other technology:											
							do not use co	mmunicatio	n supp	orts	
	•				o 10, please circle			describes ho	w you f	eel right no	w.
*The trans	ition to a do	ctor who ca	res for adult	s usually o	ccurs between ag	25 18-22					
How impo	ortant is it t	to you to m	ove to a do	ctor who	cares for adults	by age	22*?				
0 (not)	1	2	3	4	5 (neutral)	6	7	8	9	10 (v	ery)
How conf	ident do yo	ou feel abou	ıt your abil	ity move t	to a doctor who	cares fo	or adults by	age 22*?			
0 (not)	1	2	3	4	5 (neutral)	6	7	8	9	10 (v	ery)
My Healt	h <i>P</i>	lease check	the box th	at applie	s to you right n	ow.			Yes	I want to learn	N
I can name my learning differences, disability, medical, or mental health diagnosis (e.g. diabetes, depression).											
I can name 2-3 people who can help me with my intellectual differences, disability, medical, or mental health needs in an emergency.											
Before a doctor's visit, I prepare questions to ask.											
I know to ask the doctor's office for accommodations, if needed.											
I have a way to get to my doctor's office.											
		my doctor(s									
I know or I	can find my	doctor's ph	one number								
I know how											
I carry my	I carry my health information with me every day (e.g. insurance card, emergency phone numbers).										
I know my	food allergi	es.									
My Medic	cines	Please ci	heck the bo	x that ap	plies to you righ	t now.			Yes	I want	N
I know tho	name of the	o modicinos	Ltako							to learn	
								-			
	Throw the direction of the incomment take.							Ē			
I know how to read and follow the direction labels on my medicines.											

I know my medicine allergies.

Sample Goals for the Health Care Transition Readiness Assessment for Students with an IEP

If a student has responded "No" or "I want to learn" to any of the items on the Health Care Transition Readiness Assessment, please use the following sample goals as a guide when creating goals in the IEP transition plan.

Sample Goals for the HCT Readiness Assessment for Students with an IEP



HCT READINESS ASSESSMENT ITEM

SAMPLE GOAL

MY HEALTH	
I can name my learning differences, disability, medical, or mental health diagnosis (e.g. diabetes, depression).	By the end of the IEP cycle, student will say aloud and/or spell out and/or enter into their cell phone the name(s) of their medical or mental health diagnosis(es), with% accuracy.
I can name 2-3 people who can help with my intellectual differences, disability, medical, or mental health needs in an emergency.	By the end of the IEP cycle, student will input their emergency contacts' information on their phone and name and identify the contacts in their phone when asked, with% accuracy.
Before a doctor's visit, I prepare questions to ask.	By the end of the IEP cycle, student will prepare and practice asking a few questions to their doctor before their next appointment, with% accuracy.
I know to ask the doctor's office for accommodations, if needed.	By the end of the IEP cycle, student will identify which accommodations they need to request at a doctor's office, with% accuracy.
I have a way to get to my doctor's office.	By the end of the IEP cycle, student will plan transportation to their doctor's office ahead of time, with% accuracy.
I know the name(s) of my doctor(s).	By the end of the IEP cycle, student will input their doctor's contact information on their phone and name and identify their doctor in their phone when asked, with% accuracy.
I know or I can find my doctor's phone number.	By the end of the IEP cycle, student will name and identify their doctor in their phone when asked, with% accuracy.
I know how to make my doctor's appointments.	By the end of the IEP cycle, student will know how to call their doctor's office or use an online portal to schedule a future appointment, with% accuracy.
I carry my health information with me every day (e.g. insurance card, emergency phone numbers).	By the end of the IEP cycle, student will keep their insurance card safely in their wallet/backpack or take a photo of it and store it on their phone and be able to retrieve the insurance card when asked, with% accuracy.
I know my food allergies.	By the end of the IEP cycle, student will be able to say aloud and/or spell out and/or enter into their cell phone the name(s) of the foods they are allergic to, with% accuracy.





Sample Goals for the HCT Readiness Assessment for Students with an IEP

Sample Goals for the Health Care Transition Readiness Assessment for Students with an IEP

HCT READINESS ASSESSMENT ITEM	SAMPLE GOAL
MY MEDICINES	
I know the name of the medicines I take.	By the end of the IEP cycle, student will say aloud and/or spell out and/or enter into their cell phone the name(s) of their medicines, with% accuracy.
I know the amount of the medicines I take.	By the end of the IEP cycle, student will say aloud and/or spell out and/or enter into their cell phone the dosages of their medicines, with% accuracy.
I know when I need to take my medicines.	By the end of the IEP cycle, student will identify at what time to take their medicines, with % accuracy.
I know how to read and follow the direction labels on my medicines.	By the end of the IEP cycle, student will identify, read, and follow the directions on their medicines, with % accuracy.
I know what to do when I run out of my medicines.	By the end of the IEP cycle, student will call their doctor's office or pharmacy to ask about medication refills, with $_$ % accuracy.
I know my medicine allergies.	By the end of the IEP cycle, student will say aloud and/or spell out and/or enter into their cell phone the name(s) of the medicines they are allergic to, with% accuracy.





Example Goal Setting

THE NATIONAL ALLIANCE TO ADVANCE ADOLESCENT HEALTH

Pediatric to Adult Health Care Transition Tool

Health Care Transition Readiness Assessment for Students

This health care transition readiness assessment is intended for students and their family/caregivers to compete as part of IEP transition planning meetings. If a student is unable to fill out this form, the student can complete it with the help of their family/caregiver.

Directions: Please check the box next to the answer that best applies to you right now. This helps us see what you already know about your health and using health care and areas that you need to learn more about.

My Healt	h Pi	lease check	the box th	at applies t	to you right n	ow.			Yes	I want to learn No
0 (not)	1	2	3	4	5 (neutral)	6	7	8	9	10 (very)
How confident do you feel about your ability move to a doctor who cares for adults by age 22*?										
0 (not)	1	2	3	4	5 (neutral)	6	7	8	9	10 (very)
How important is it to you to move to a doctor who cares for adults by age 22*?										
	Transition Importance & Confidence On a scale of 0 to 10, please circle the number that best describes how you feel right now. *The transition to a doctor who cares for adults usually occurs between ages 18-22.									
	□ I need a lot of help to care for my needs □ I need help to care for all my needs □ Other technology: □ I do not use communication supports							rts		
	little bit of I			5			sistive Lister			
☐ I am abl	e to care for	all my need	s			□Te	xt-to-speech	technology		
Personal	Personal Care (related to dressing, eating, bathing, and moving) Use of Communication Supports									
Completed By:				Date Comple	eted:					
tudent Name: Student Da						e of Birth	n:			

I can name my learning differences, disability, medical, or mental health diagnosis (e.g. diabetes,

I can name 2-3 people who can help me with my intellectual differences, disability, medical, or mental

health needs in	an emergency.	ш		
Before a doctor's vis				
I know to ask the do				
I have a way to get t				
I know the name(s)				
I know or I can find				
I know how to make				
I carry my health inf				
I know my food allergies.				
,				
My Medicines	Please check the box that applies to you right now.	Yes	I want to learn	No
My Medicines	v ·	Yes		No
My Medicines I know the name of	Please check the box that applies to you right now.		to learn	
My Medicines I know the name of I know the amount	Please check the box that applies to you right now. the medicines I take.		to learn	
My Medicines I know the name of I know the amount I know when I need	Please check the box that applies to you right now. the medicines I take. of the medicines I take.		to learn	
My Medicines I know the name of I know the amount I know when I need I know how to read	Please check the box that applies to you right now. the medicines I take. of the medicines I take. to take my medicines.	0	to learn	0 0
My Medicines I know the name of I know the amount I know when I need I know how to read	Please check the box that applies to you right now. the medicines I take. of the medicines I take. to take my medicines. and follow the direction labels on my medicines. when I run out of my medicines.		to learn	0 0 0

Example Goal Setting...

Student marked "no" on "I know or I can find my doctor's phone number."

	My Health Please ch	neck the box that applies to you right now.	Yes	I want to learn	No
	I can name my learning different depression).	nces, disability, medical, or mental health diagnosis (e.g. diabet	tes,		
	I can name 2-3 people who can health needs in an emerge	help me with my intellectual differences, disability, medical, or ency.	Δ		
	Before a doctor's visit, I prepare	e questions to ask.	X		
	I know to ask the doctor's office	e for accommodations, if needed.	X		
	I have a way to get to my docto	or's office.	X		
	I know the name(s) of my docto	or(s)	X	П	
ł	I know or I can find my doctor's	phone number.			X
_	I know how to make my doctor	's appointments.	X		
	I carry my health information w	vith me every day (e.g. insurance card, emergency phone numb	bers).		
	I know my food allergies.		X		





Example Goal Setting:

Sample Goals for the Health Care Transition Readiness Assessment for Students with an IEP

If a student has responded "No" or "I want to learn" to any of the items on the Health Care Transition Readiness Assessment, please use the following sample goals as a guide when creating goals in the IEP transition plan.

HCT READINESS ASSESSMENT ITEM	SAMPLE GOAL
MY HEALTH	
I can name my learning differences, disability, medical, or mental health diagnosis (e.g. diabetes, depression).	By the end of the IEP cycle, student will say aloud and/or spell out and/or enter into their cell phone the name(s) of their medical or mental health diagnosis(es), with% accuracy.
I can name 2-3 people who can help with my intellectual differences, disability, medical, or mental health needs in an emergency.	By the end of the IEP cycle, student will input their emergency contacts' information on their phone and name and identify the contacts in their phone when asked, with% accuracy.
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I have a way to get to my doctor's office.	By the end of the IEP cycle, student will plan transportation to their doctor's office ahead of time, with% accuracy.
I know the name(s) of my doctor(s).	By the end of the IEP cycle, student will input their doctor's contact information on their phone and name and identify their doctor in their phone when asked, with% accuracy.
I know or I can find my doctor's phone number.	By the end of the IEP cycle, student will name and identify their doctor in their phone when asked, with% accuracy.
I know how to make my doctor's appointments.	By the end of the IEP cycle, student will know how to call their doctor's office or use an online portal to schedule a future appointment, with% accuracy.
I carry my health information with me every day (e.g. insurance card, emergency phone numbers).	By the end of the IEP cycle, student will keep their insurance card safely in their wallet/backpack or take a photo of it and store it on their phone and be able to retrieve the insurance card when asked, with% accuracy.
I know my food allergies.	By the end of the IEP cycle, student will be able to say aloud and/or spell out and/or enter into their cell phone the name(s) of the foods they are allergic to, with% accuracy.





Example Goal Setting cont.

"By the end of the IEP cycle, student will name and identify their doctor in their phone when asked, with ___% accuracy."

Sample Goals for the Health Care Transition Readiness Assessment for Students with an IEP

If a student has responded "No" or "I want to learn" to any of the items on the Health Care Transition Readiness Assessment, please use the following sample goals as a guide when creating goals in the IEP transition plan.

HCT READINESS ASSESSMENT ITEM	SAMPLE GOAL
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I know or I can find my doctor's phone number.	By the end of the IEP cycle, student will name and identify their doctor in their phone when asked, with% accuracy.
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I know my food allergies.	By the end of the IEP cycle, student will be able to say aloud and/or spell out and/or enter into their cell phone the name(s) of the foods they are allergic to, with % accuracy.

into their cell phone the name(s) of the foods they are allergic to, with __% accuracy.



Further Example Goal Setting

"By the end of the IEP cycle, student will name and identify their doctor in their phone when asked, with ___% accuracy."

A few ideas...

- Work with your youth or young adult to add their doctor's name and phone number into their phone contacts
- Use <u>Got Transition's Medical ID</u> resource to follow steps to add health and medical information, including emergency contact information, into their smartphone
- Practice!





How can you advocate for HCT in transition planning?

- Download and customize this document to make your case to your school or state officials
- Includes the importance of HCT planning, results of effective HCT, and strategies to consider



IMPROVING THE HEALTH OF STUDENTS IN [STATE] THROUGH HEALTH CARE TRANSITION A structured pediatric-to-adult health care transition (HCT) Effective Pediatric-to-Adult Health process can support students who have an IFP to achieve Care Transition Results In. their postsecondary goals. Successful transitions to college employment, and independent living often depend on the ability of youth and young adults to manage their own health Adherence to care care and navigate adult systems of care. This can include Adult clinic attendance Patient satisfaction · medications and how to refill them · what to do in a medical emergency Quality of life · how to make a doctor's appointmen Self-care skills · having and carrying health insurance information · how to request accommodations, if needed Lapse in care Perceived barriers to care . As of 2020-2021, there were IXI youth ages 12-17 in [State] who Hospital admission rates [X%] of youth with special health care needs in [State] did not Hospital lengths of stay receive HCT preparation services State I is one of 36 states and territories that have selected HCT as a Morbidity and mortality

- ✓ Make HCT resources available on state and other
 ✓
- local agency websites ✓ Encourage use of HCT readir
- and sample goals as part of the IEP transition planning process
- ✓ Advocate for state statutes/administrative rules to incorporate health in IEP transition planning
- Create messaging around how health is
- ✓ Engage school nurses and school-based health centers in the process
- Encourage the review and update of medical and functional documentation as part of the IEP transition plan, to address the gaps in documentation for adult public benefits
- transition guides, interagency agreements, and
- Elicit feedback from students and families on how they think HCT could best be incorporated into special education programs.
- ✓ [Add additional state-specific strategies here]

For information about (State's) Title V transition efforts, contact (insert contact information)







Thank you! Questions?

Access these tools and additional resources on **GotTransition.org**

For more information, contact:

Peggy McManus: mmcmanus@thenationalalliance.org

Tim Markle: tmarkle@wisc.edu

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Pam Jenson: pam.jenson@cesa2.org







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