



Faheem



Keyshla



Sarah



Maggie



Charles

These young adults, who have chronic health conditions, offer advice on transitioning to adulthood in our video, Moving On.

Moving On

Transitioning to Adulthood with a Chronic Illness

Tools for a Change

When patients reach their late teens and early twenties they must transition to adult healthcare providers. One of the keys to a successful transition is starting early — adolescents and young adults should learn about their conditions and the skills they will need to manage as adults. The Children’s Hospital of Philadelphia will be there to help as patients and families begin to think about transitioning. Here are some of the tools offered at CHOP.

Watch

Our video series, “Moving On,” includes advice from young adults with chronic health conditions, as well as their parents and CHOP and Penn providers. Go to www.chop.edu/transition to watch by topic:

- preparing early for transition
- insurance
- growing up
- college and employment
- more!

Ask

Patients (suggested ages: 13 and up) or families should ask their CHOP healthcare team for help in promoting age-appropriate steps to increase independence or finding an adult provider. We can help put you on the right track!

Organize

Do you have a Care Binder? It’s a tool to keep track of tests, procedures, appointments and other health information. Maintaining the binder helps patients understand their care — it’s great preparation for adulthood. Ask your healthcare team for more information.

Please visit www.chop.edu/transition to learn more about CHOP’s many programs and tools to help patients transition.