

# Planning Your Transition from Pediatric to Adult Health Care

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[WWW.RURALINSTITUTE.UMT.EDU/TRANSITION](http://WWW.RURALINSTITUTE.UMT.EDU/TRANSITION)



# Before we begin...

- ▶ Note: Today's information is geared toward Montanans but much of it will be applicable to young adults anywhere in the U.S.
- ▶ The Health Care Transition process involves conversations between youth, parents and medical providers...workbooks and guides can assist
- ▶ Start early! This gives young people more time to:
  - ▶ Explore options
  - ▶ Practice making health care decisions
  - ▶ Plan how to find and pay for medical services
  - ▶ Gain confidence



# Why Research Options and Plan in Advance?

***To achieve our dreams, it is important to take care of our health.***

- ▶ Lots of information, options, choices, decisions to be made
- ▶ Anyone can get sick or injured, disabilities can change – be prepared!
- ▶ Preventive care can help you stay healthy – do you know how to access and pay for these services?
- ▶ Examples of Health Care Transition Preparation questions:
  - ▶ Can you describe your illness or disability to a medical professional ?
  - ▶ Do you know what medications you take, why you take them, and how often you take them?
  - ▶ Do you have any allergies?
  - ▶ Do you need any assistance making doctor appointments, taking your medication, or explaining your health condition to someone else?

# Healthcare Transition

ISAAC BALDRY



# Transitioning from Pediatric to Adult Health Care

- ▶ Talking with Your Health Care Provider
- ▶ Choosing an Adult Health Care Provider
- ▶ Finding and Paying for Health Care
- ▶ Coordinating a Smooth Transfer of Care
- ▶ Taking Responsibility for Health Care



# Talking with Your Health Care Provider

- ▶ Ongoing conversation starting at age 12 or earlier
- ▶ Will you need to find an adult health care provider or can you stay with your current medical professional?
- ▶ Can you start practicing talking to your health care provider alone, without your parents or caregivers in the room?
- ▶ What areas of your health care will you need support to manage?
- ▶ Is your current medical provider willing to be part of the transition team as you move to the adult health care system? Will they meet with you and your new adult health care provider to help ensure a smooth transition?

**Tip:** If you have an IEP at school, make sure your IEP team includes **health care transition** in the *Transition* section of your IEP. **Health care transition** can fit under *Independent Living Skills* in the *Postsecondary Goals and Transition Services* areas of your Transition plan.

# Choosing an Adult Health Care Provider

- ▶ Many pediatricians only see patients to age 18
- ▶ Adult health care providers:
  - ▶ Experience and expertise with adults
  - ▶ May be more likely to encourage you to manage your own health care
  - ▶ Understand what effects disabilities/chronic conditions can have over time
  - ▶ May be more comfortable talking to you about adult issues (substance use, smoking, sexual and reproductive health, etc.)
- ▶ Do your research:
  - ▶ Ask your pediatrician or current medical professional for recommendations
  - ▶ Check with your local hospital and regional clinics
  - ▶ Search online; contact organizations associated with your disability or chronic condition
  - ▶ Ask other adults or elders whose opinions you value



# Medical Assistance

## DESIGNATION FOR PATIENT ADVOCATE FOR CARE, CUSTODY, AND MEDICAL TREATMENT DECISIONS

I am Isaac Baldry and I live at 720 S. Jordan in Miles City, Montana. I want Theresa Baldry, my advocate, to help me if I am sick and if I need to go to the doctor.

My advocate read this paper to me before I signed the paper and I understood what they told me about this paper.

If I am sick, my advocate should take me to the doctor. If she is not at my house when I become sick, please call her to go the doctor's office. I would like the doctor to talk to her about what is the matter with me.

I would like the doctor to ask my advocate what we have decided the doctor should do. I would like the doctor to do what the advocate tells the doctor to do in regards to my treatment.

Sometimes a doctor says that I need to have a shot or some other care. Sometime the doctor says I need to take pills or medicine. My advocate and I will talk about it and decide if I should have the shot, or take a pill, or some other medicine. My advocate will also help me decide what other care I should have, but she will talk to me about what care I need.

If I am very sick, I might need to go to a hospital. My advocate will help me decide if I need to go to the hospital. I would like all the people at the hospital to speak with my advocate and myself about what the people at the hospital should do for me. I would like my advocate to assist me to decide about my care at the hospital even if I am unable to understand what the doctor says about me. This is very important since I want the people at the hospital to try very hard to care for me if I am sick. If I need to have an operation because am very sick, I would like to have the people at the hospital talk to my advocate. My advocate will say "yes" or "no" and that is what the people at the hospital are to do.

I understand that I want my advocate to help decide what care I need, and I want people to listen to her about my care.

If my advocate is not happy with my doctor, then she is able to get another doctor to take care of me.

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Isaac T. Baldry

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Date

# Finding and Paying for Health Care

- ▶ Health insurance
  - ▶ Private
  - ▶ Offered through employer
  - ▶ Offered through college or university
- ▶ Government programs
- ▶ Indian Health Service
- ▶ Free or low-cost clinics

**Tip:** You may qualify for more than one kind of health insurance coverage. It can be helpful to have two or more health insurance policies, private or public. The policies may cover different services, or may each pay part of your medical bill so you have to pay even less.

Check with your insurance to see what forms they have, so that someone can assist you in speaking with them.

Link to BlueCross Blue Shield of Montana

<https://www.bcbsmt.com/BlueDocs/AuthForDisclosureOfAnIndHealthInfo.pdf>

**Blue Cross and Blue Shield of Montana**  
**Authorization for Disclosure of an Individual's Health Information**

**Subscriber or Dependent Whose Information is to be Disclosed**  
Please print information in this section.

Name \_\_\_\_\_ Policyholder's Healthcare ID Number \_\_\_\_\_  
Street Address \_\_\_\_\_ Daytime Telephone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

**Person(s) or Entity(ies) to Whom Information May Be Disclosed**  
Please print information in this section.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_ Daytime Telephone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

**Information to be Disclosed by Blue Cross and Blue Shield of Montana at the request of the individual authorized to do so**  
Check all that apply.

- Health Plan Benefit Information:** Includes information contained in your benefit booklet (i.e., copayments, coinsurance, eligibility, and other benefit information.)
- Claims Information:** Includes information related to payment of your claims for services you received, including pertinent information located on a claim form (e.g. billed amount, general procedure descriptions, claim payment or denial reasons.)
- Authorization Information:** Includes information regarding pre-certification and authorization, including specific medical information related to requests and determinations.
- Premium Information:** Includes information related to billing cycles, bank draft changes, etc.
- Services from (provider or supplier and date(s):** \_\_\_\_\_ from: \_\_\_\_\_ to: \_\_\_\_\_  
(Includes information related to services rendered by a specific provider or supplier during the specific time period)
- Other:** \_\_\_\_\_  
(Specify other information authorized for disclosure if it is not listed in one of the above categories; please be specific regarding the reason for disclosure)
- Other reason for disclosure (other than "at the request of the individual authorized to do so"):** \_\_\_\_\_

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**Length of Time for Which This Authorization is Valid**  
Under applicable law, this authorization is valid up to 24 months (or a shorter period of time if so indicated) or for a particular event that has occurred, as stated in the authorization. If you are making this authorization for an extended period, the authorization must be renewed after its expiration. This authorization will remain in effect until:

- 24 months from the date of signature of this authorization; or
- Until \_\_\_\_\_ but no longer than 24 months from the date of signature.  
(Month/Day/Year)
- All information relating to a certain event or injury has been provided (e.g., "Back injury from April 2002" or "fornal research").  
Specify event(s) and approximate date(s) of event(s) \_\_\_\_\_

- I understand that I may refuse to sign this authorization and that my refusal to sign will not affect my ability to obtain treatment or payment or my eligibility for benefits with BCBSMT. However, there may be consequences with the intended recipient of this information.
- I understand this authorization is not valid without the required signature.
- I understand I have the right to revoke this authorization at any time in writing, except to the extent that Blue Cross and Blue Shield of Montana has already provided the information. To revoke this authorization, contact Customer Service at 1-800-447-7828.
- I understand that the recipient of this information may possibly re-disclose the information to others without my knowledge or authorization; therefore, the privacy law may no longer protect my information.

Print Full Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**RELATIONSHIP/AUTHORITY**  
Please check one. Include documentation with this form for items marked with an asterisk (\*) below.

Member  Power of Attorney\*  Other Personal Representative Designation\*  
 Parent of Minor Child  Legal Guardian\*

Office Use Only { Tracking No. \_\_\_\_\_  
Name: \_\_\_\_\_

AUTHORIZATION FOR DISCLOSURE INDIVIDUAL 07290 NOTE: The highlighted information is required.

Revised July 2008

# Coordinating a Smooth Transfer of Care

- ▶ Choose your adult health care provider early so you have time to meet with both your pediatrician and your new provider.
- ▶ Sign Authorization to Release Information forms to allow your current and new health care providers to share information about your medical history and any treatments you are receiving.
- ▶ When you turn 18, you legally become an adult. This means that health care providers can't talk to your parents or caregivers about your medical care unless you or the court gives them permission. If you want help from your parents or caregivers when you are making medical decisions, you might consider signing a **Medical Advocacy Form** or **Power of Attorney for Health Care**.

# Taking Responsibility for Your Health Care

- ▶ What do you already know? What do you need to learn ? How will you learn it, from whom and by when?
- ▶ What kind of support will you need? Who/what will provide that support?
- ▶ Examples:
  - ▶ I know my medical history
  - ▶ I know how long my seizures usually last
  - ▶ I know how to order my prescriptions and refills
  - ▶ I know how to find out what my health insurance covers



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FreeDigitalPhotos.net

# Getting Organized

- ▶ New providers will require medical history form
- ▶ Important information (examples): communication, vaccinations, Surgeries, medications, medical equipment, insurance...
- ▶ Organizational tools:
  - ▶ Health Care Information Summary
  - ▶ Health Care Portfolios
  - ▶ Technology
  - ▶ Emergency Information



# Health Care Information Summary

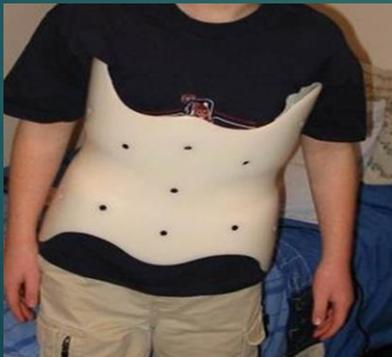
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- ▶ Care Notebooks
- ▶ Medical Passports
- ▶ Portable Medical Summaries
- ▶ Allow you to record and track your diagnoses, medications, allergies, treatments, etc. in one place.



# Health Care Portfolio

- ▶ Includes written information and pictures to help medical professionals quickly learn more about you.
- ▶ Helps develop health literacy
- ▶ Excellent self-advocacy tool
- ▶ Way to communicate health care needs
- ▶ Tool to ease the transition to handling one's medical affairs
- ▶ Eases the navigation of health care services
- ▶ Describes impact of disability
- ▶ Can be used to interview prospective health care providers



# Technology

- ▶ Fast, easy way to organize health care information
- ▶ Software programs and “apps” for mobile devices (smart phones and tablets) available
  - ▶ Read online reviews
  - ▶ Talk to people who have used the programs/apps
  - ▶ Secure private information



Courtesy of scottchan,  
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# Emergency Information

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- ▶ In case of an emergency, it is important to have certain information available right away for first responders, fire fighters, paramedics, or others coming to your aid.
- ▶ Create an “Emergency Information” sheet or card for yourself...post one copy on your refrigerator and keep the other one with you in your purse, wallet, or backpack.
- ▶ If you store it on your computer, make a back-up copy on a CD, flash drive, or external hard drive.
- ▶ Update the information regularly.



# Cheat sheet

## Personal

- ▶ Name: First, Last, Middle; Please call me, nickname
- ▶ Birthdate, not birthday
- ▶ Home address: street, city, state, and zip code
- ▶ Phone numbers or contact numbers
- ▶ Email Address

## History

- ▶ Emergency Contact- ICE
- ▶ Doctors you see, and phone #s
- ▶ Surgeries
- ▶ Immunization
- ▶ Lab work concerns
- ▶ Other concerns; dental, vision, hearing, and speech. When were these last evaluated.

# Cheat sheet

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## Medical

- ▶ Diagnosis, Disability, Chronic Health conditions
- ▶ Insurance, deductible & copay
- ▶ Allergies
- ▶ Seizures
- ▶ Medication
- ▶ Medical Equipment used
- ▶ Medical Equipment Provider
- ▶ Tools to assist

## Example

- ▶ Cerebral Palsy Spastic Quadraplia, Scoliosis
- ▶ Medicaid #, copay
- ▶ Cotton from trees!
- ▶ Yes, but only if awakened, and not for a long time, petit mal
- ▶ Diazepam- muscle spasms; Nasonex- allergies
- ▶ Power wheelchair, communication devices
- ▶ St. Vincent Home Health, 234-XXXX
- ▶ Pain scale 1-10; 1 being low 1, 10 being high

# The Patient Protection and Affordable Care Act – An Overview

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- ▶ Individual Mandate
- ▶ Health Insurance Marketplaces
- ▶ Essential Health Benefits
- ▶ Expanded Access
- ▶ Preventive Care



# Individual Mandate

- ▶ Under the ACA, most people are required to have health insurance. If they do not have health insurance, they may receive a tax penalty. Individuals who are not required to have health insurance include:
  - ▶ People experiencing financial hardship
  - ▶ People who have religious objections
  - ▶ American Indians
  - ▶ Undocumented immigrants
  - ▶ Certain individuals with very low incomes

# Health Insurance Marketplaces

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The Marketplace is a website for individuals and small employers to directly compare private health insurance options on the basis of price, benefits, quality and other factors

- ▶ **It's an easier way to shop for health insurance**
  - It simplifies the search for health insurance
  - You can see all your options in one place
  - With one application, one time, you or your family can explore every qualified insurance plan in your area
- ▶ **Most people will be able to get a break on costs**
  - Many people who are currently uninsured will qualify for discounted or free health insurance
- ▶ **It offers clear options with apples-to-apples comparisons**
  - All health insurance plans in the Marketplace present their price and benefit information in plain language

# Essential Health Benefits

- ▶ Starting January 1, 2014, the ACA requires many health insurance plans to include certain medical benefits, called Essential Health Benefits, for all customers. These Essential Health Benefits fall into ten categories:
  - ▶ Hospitalization
  - ▶ Emergency services
  - ▶ Ambulatory (outpatient) services
  - ▶ Prescription drugs
  - ▶ Rehabilitative (regaining skills that have been lost or preventing a further loss of skills) and habilitative (learning skills) services and devices
  - ▶ Mental health and substance misuse services
  - ▶ Preventive and wellness services, including chronic disease management
  - ▶ Pediatric services (including dental and vision care)
  - ▶ Laboratory services
  - ▶ Maternity and newborn care

# Expanded Access

- ▶ There are many ways the ACA expands access to health care coverage for Americans. These include:
  - ▶ Health insurance companies cannot refuse to cover you because you have a pre-existing health condition (for example, diabetes or obesity).
  - ▶ Health insurance companies cannot set annual or lifetime limits on your coverage. (Limits are how much money the insurance company will pay toward your health care costs.)
  - ▶ Health insurance companies cannot stop your coverage if you get sick or develop an expensive health condition.
  - ▶ Health insurance companies cannot charge men and women different rates. They also cannot charge you more (or less) because of how unhealthy or healthy you are.
  - ▶ Starting in January 2015, certain businesses will be required to provide health insurance to their employees.
  - ▶ If you are covered on your parents' health insurance policy, you can stay on their policy until you turn 26, even if you are not living in your parents' home.
  - ▶ If you are (or were) in foster care, you may be covered by Medicaid until you turn 26 years old.

# Preventive Care

- ▶ Preventive care means medical care to prevent disease, sickness or injury. It means helping you stay healthy. The ACA makes it more affordable for you to access preventive care. In fact, many tests and screenings that can help you stay healthy and identify any health problems early are free. Here are some of the preventive services you can receive under the ACA:
  - ▶ Immunizations
  - ▶ Screenings for diabetes, depression, blood pressure, domestic violence and cervical cancer
  - ▶ Alcohol and drug use assessments
  - ▶ Obesity screening and counseling
  - ▶ Well woman visits

# Private Health Care Coverage Options

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- ▶ Definitions
- ▶ Types of Private Coverage
- ▶ How to Choose
- ▶ Resources



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**Health insurance is an important protection to have!**

# Definitions

- ▶ **Health Insurance** helps pay part or sometimes all of your medical expenses (doctor's visits, lab work, hospital care, prescription medication, etc.).
- ▶ **Premium:** the amount that must be paid to buy private health insurance coverage.
- ▶ **Deductible:** the amount you must pay toward your medical bills before your health insurance company pays anything.
- ▶ **Co-Insurance:** a percentage you are required to pay toward your medical bills.
- ▶ **Co-Payment:** an amount you have to pay for a visit or service before your health insurance company pays anything.
- ▶ **Exclusions** are medical services that are not covered by a health insurance plan.

# Types of Private Coverage

- ▶ **Employer-sponsored Insurance**
- ▶ **Student Health Insurance Plan**
- ▶ **Professional clubs or associations**
- ▶ **Individually-purchased Health Insurance**
- ▶ **The Montana Comprehensive Health Association (MCHA)**

Shop for health insurance coverage through the Health Insurance Marketplace. Montanans access the Marketplace through the Healthcare.gov website at <https://www.healthcare.gov/>

# How to Choose

- ▶ Am I eligible for health insurance through this company?
- ▶ What are my health care needs now? Do I think my health care needs will change in the next year?
- ▶ Does this insurance plan cover the medical services (including prescriptions) I need covered?
- ▶ Does the plan cover assistive technology and durable medical equipment?
- ▶ What medical services are excluded (not covered)?
- ▶ Will my medical providers accept coverage from this health insurance company? Will they file the health claims with the insurance company?
- ▶ How much is the monthly premium for this health insurance plan?
- ▶ How much is the deductible?
- ▶ How much is the co-insurance?
- ▶ How much are the co-payments?
- ▶ Is there someone at this company I can talk to if I have questions or problems?

# Resources

▶ To learn more about private health insurance, visit the Montana Commissioner of Securities and Insurance website (<http://montanahealthanswers.com/>).

▶ You might also want to download and read *Health Insurance: A Guide to Your Rights and Choices*, available at:

[http://www.csi.mt.gov/health/cap/docs/pdf/CSI\\_HealthInsuranceGuideWEB\\_3.pdf](http://www.csi.mt.gov/health/cap/docs/pdf/CSI_HealthInsuranceGuideWEB_3.pdf)

# Public Health Care Coverage Options

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- ▶ Medicaid
- ▶ Healthy Montana Kids
- ▶ Children's Special Health Services
- ▶ Montana Cancer Control Programs
- ▶ Montana Mental Health Services Plan
- ▶ Medicare
- ▶ The Indian Health Service
- ▶ TRICARE



# Options for People with No Health Care Coverage

- ▶ Community Health Centers
- ▶ Family Planning Clinics
- ▶ Urban Indian Clinics
- ▶ NeedyMeds
- ▶ NORD's Patient Assistance Programs
- ▶ PPARxMT



# Resources

- ▶ “Talking with Your Doctor and Other Health Care Professionals” videos from the Institute for Child Health Policy at the University of Florida and the Florida Department of Health:

<http://hctransitions.ichp.ufl.edu/gladd/>

- ▶ “Transition Readiness Changing Roles for Youth” and “Transition Readiness Changing Roles for Families” checklists from the National Health Care Transition Center:

[http://www.gottransition.org/UploadedFiles/Files/NHCTC\\_ReadinessYouthTool\\_06\\_Oct\\_2011.pdf](http://www.gottransition.org/UploadedFiles/Files/NHCTC_ReadinessYouthTool_06_Oct_2011.pdf)

[http://www.gottransition.org/UploadedFiles/Files/NHCTC\\_ReadinessFamilyTool\\_06Oct2011.pdf](http://www.gottransition.org/UploadedFiles/Files/NHCTC_ReadinessFamilyTool_06Oct2011.pdf)

# Resources

- ▶ Recording of the Rural Institute Transition and Employment Projects' webinar from September 20, 2011, titled "Using Portfolios for Health Care Needs":

[http://ruralinstitute.umt.edu/transition/training\\_archives.asp](http://ruralinstitute.umt.edu/transition/training_archives.asp)

- ▶ My Family Health Portrait:

<https://familyhistory.hhs.gov/fhh-web/home.action>

- ▶ The myfamily app:

[http://lyfechannel.com/healthfinder\\_app/](http://lyfechannel.com/healthfinder_app/)

- ▶ My Health, My Choice, My Responsibility app:

<https://itunes.apple.com/us/app/my-health-my-choice-my-responsibility/id428382635?mt=8>

# Resources

- ▶ “Health Insurance 101”:

<http://101.communitycatalyst.org/>

- ▶ The Young Invincibles website:

<http://younginvincibles.org/issues/health-care/>

- ▶ Questions to Ask Your Doctor:

[www.ahrq.gov/questionsaretheanswer](http://www.ahrq.gov/questionsaretheanswer)

- ▶ Got Transition? Center for Health Care Transition Improvement:

<http://www.gottransition.org/>

# Resources

- ▶ The Health Care Transitions website:

[http://hctransitions.ichp.ufl.edu/resources\\_links.php](http://hctransitions.ichp.ufl.edu/resources_links.php)

- ▶ *Being a Healthy Adult: How to Advocate for Your Health and Health Care:*

<http://rwjms.rutgers.edu/boggscenter/products/documents/TransitiontoAdultHealthcare-EN-complete.pdf>

# Resources

- ▶ The JaxHATS Evaluation Tool, developed by The Jacksonville Health and Transition Services (JaxHATS) Program:

[http://hctransitions.ichp.ufl.edu/pdfs/jaxhats\\_health\\_transition\\_assessment-client\\_tool\\_rev\\_9-7-07.pdf](http://hctransitions.ichp.ufl.edu/pdfs/jaxhats_health_transition_assessment-client_tool_rev_9-7-07.pdf)

- ▶ The Transition Readiness Assessment Questionnaire:

<http://www.hscj.ufl.edu/jaxhats/Forms.aspx>

- ▶ *When You're 18 You Are in Charge of Your Health* from the Children's Medical Services Network:

[http://hctransitions.ichp.ufl.edu/pdfs/cms\\_wy18\\_lowres\\_09.pdf](http://hctransitions.ichp.ufl.edu/pdfs/cms_wy18_lowres_09.pdf)

# Questions?

- ▶ First, a quick word from Kim and Isaac...
- ▶ <http://ruralinstitute.umt.edu/transition/trainingcalend.asp>



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