

NEXT STEPS IN ..your.. IBD journey



MAKING A PLAN:

When you are about 18-years of age, your care will transfer to an adult gastroenterologist team who will continue to manage your care.



PREPARATION:

ENSURE YOU HAVE WHAT YOU NEED FOR YOUR JOURNEY

During your transition you may feel excited, relieved, nervous, sad, or anxious – these are all common feelings when making a change.

PREPARING FOR THIS CHANGE IN ADVANCE MAY HELP YOU LEARN WHAT TO EXPECT AND ALLOW YOU TO SUCCEED.

** See the resources links for timelines on how you can start to prepare in your early teens, as well as suggestions on how to prepare a 3-sentence health summary.*

• Learn the treatments or medicines that you are taking and what you have taken in the past. What has worked and what has not worked?



• Know how your medication is paid for. What does your health insurance cover?

• Memorize a short summary of your health.

• Begin (or continue) managing your medications, appointment scheduling, participating in your appointments and making healthy lifestyle choices.



ONCE THE TRANSITION OCCURS:



GET TO KNOW YOUR HEALTHCARE TEAM. Make connections and create a **SUPPORT NETWORK** by getting to know your team's names, roles, and contact details.

BE CONFIDENT in handling your care **AS YOU'RE NOW THE MAIN CONTACT FOR YOUR HEALTHCARE TEAM** – however members of your support network (your parent or partner) are still often able to join your appointments if you wish.



CONTINUING ON THERAPY:

Continuing your treatment journey with your adult providers throughout your life is important as you're more likely to be healthier with consistent, long-term care.

Journey On!

WHY IS CONTINUING YOUR CARE AFTER YOUR TRANSITION IMPORTANT?

Continuing to see your healthcare team can help to ensure your treatments/medications are still working well for you, and that adjustments can be made when/if needed to enhance your health.

Consistent management of your condition helps to improve disease control and allows you to achieve your goals.

Your healthcare team values your opinion and honesty. Let them know your thoughts and concerns so that they can make changes to suit your changing needs overtime.

Your healthcare team can also provide recommendations on how to manage other aspects of your health so that you can make informed decisions about topics such as vaccines, sexuality, family planning, mental health and more.

KNOWLEDGE & SKILLS



YOU WILL NEED TO TRANSITION

SELF-ADVOCACY:

SPEAK FOR YOURSELF REGARDING WHAT IS IMPORTANT TO YOU

Commonly adult care providers have a **PATIENT-CENTRED APPROACH**, which means you will participate in making decisions with your healthcare team and directing your treatment experience. It is a chance to be independent and **TAKE CHARGE OF YOUR CARE!**

- Your adult healthcare team will speak to you directly, ask questions and expect you to answer for yourself (versus your parents answering questions).



It will be important for you to speak about what is important to your health, but also your personal goals. Prepare for your appointment by writing down some points you wish to discuss with your team.



* See the resources links for tips on how to self-advocate and talk with your healthcare team.

KNOWLEDGE ABOUT YOUR PRESENT & PAST HEALTH:

It is important you know your diagnosis, past health history, allergies, current treatment plan/medications, and ongoing health issues.



SELF-CARE:



- Learn to **LISTEN TO YOUR BODY**, as you're often the first person to know when something doesn't feel right or is "off".
- Independently manage your own medication and keep a written or virtual list of names, doses, and frequencies.
 - o Use tools (i.e., your phone, sticky notes, or agenda) to help you remember to refill your prescriptions or take your medications.
- As your patient support program (PSP) changes when you move to adult care, be sure to get the details for your new PSP.



TIME MANAGEMENT & ORGANIZATION:

PRE-PLAN to ensure you have time for school, work, community participation and social activities in addition to your daily care routine.



Schedule and keep track of your appointments, use tools to help you remember, and ensure you have transportation to and from appointments.



IF YOU MISS AN APPOINTMENT, CALL THE CLINIC TO REBOOK.

Research whether you have health insurance (benefits) coverage. If you will have benefits, get to know what your plan does and does not cover, or at least how to look up these details (i.e., an app, website or telephone number) so you can find information when needed.



*RESOURCES

SickKids – www.sickkids.ca/en/patients-visitors/transition-adult-care/

CHEO – www.cheo.on.ca/en/resources-and-support/transition-to-adult-care.aspx

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