

YOUTH IN TRANSITION

Our experts' recommended resources to help prepare families and youth with special health care needs for transition

All resources are available at the Family & Community Resource Centre located at the Alberta Children's Hospital.



BOOKS

Easy for You to Say; Q & A's for Teens Living with Chronic Illness or Disability

Miriam Kaufman, MD

Answers questions that teens may have regarding growing up; such as dealing with friends, intimate and family relationships, the medical system, alcohol, drugs, and medication. Recommended for ages 13-19.

A Good Life

Al Etmanski

Explores new ways of looking at quality of life, planning for the future for your loved one with disabilities, and the role of parents, caregivers and youth. Recommended for parents of youth with a disability.

Getting On Trac: A Workbook for Youth Living with Chronic Health Conditions

Youth Health Program – Children's & Women's Health Centre of B.C.

This step-by-step guide and workbook explores what you need to know and do regarding your health and treatment plan to prepare for the transfer to adult medical services. Recommended for ages 11-18.

Cocktails: Facts for Youth about Mixing Medicine, Booze and Street Drugs

Youth Health Program – Children's & Women's Health Centre of B.C.

This guide explains the effects of combining prescription drugs with alcohol or street drugs and answers questions regarding over the counter medications and contraceptives. Recommended for ages 12 and up.

The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain, and Illness

Miriam Kaufman, MD, Cory Silverberg, MEd, and Fran Odette, MSW

An open and frank discussion of sexuality and disability; it addresses myths about disability and sex, and promotes self esteem and healthy sexuality for those with disabilities. Contains mature content.



Many of these resources are also available at your local public library. Contact your librarian. Materials can be borrowed through inter-library loan.



WEBSITES

<http://www.alis.alberta.ca/ec/ep/ppls/planning/disability.html>

The Alberta Learning Information Service site offers students with disabilities and their parents transition planning guides, power point presentations, and videos of success stories.

<http://abe5.com/717>

Youth in Transition Resources from the Government of Alberta, Children's Services, links you to [Guidelines for Supporting Successful Transitions for Children and Youth](#) and the [Youth Services Directory](#).

www.bloorview.ca/door2adulthood/default.htm

Door 2 Adulthood links young people with disabilities or illnesses with other young people so they can share ideas and experiences.

www.sickkids.on.ca/myhealthpassport/

From Toronto's SickKids, Good 2 Go Transition Program, [My Health Passport](#) when printed makes a wallet-sized card you can use whenever you need access to your medical information.

<http://hctransitions.ichp.ufl.edu/hct-promo/>

Health Care Transitions at the Institute for Child Health Policy, U of Florida, provides access to printed resources and videos of interviews with youth, parents and health care providers on steps to transition.

www.fcrc.sacyhn.ca/links.php#transition_to_adult_services

From the Alberta Children's Hospital, Well On Your Way - Adolescent Transition Program, the [Youth in Transition Resource link](#) provides a list of resources and their links for youth with special health care needs that may be helpful in preparing to become an adult in Southern Alberta.

Additional Resources or Information: For additional resources or information regarding your child health information needs contact the Child Health Information Specialist at (403) 955-7745; or email childhealthinfo@calgaryhealthregion.ca; or visit

The Southern Alberta Family & Community Resource Centre

Alberta Children's Hospital, 2888 Shaganappi Trail NW, Calgary, Alberta T3B 6A8
Phone: (403) 955-FCRC (3272) **Toll Free:** 1-877-943-FCRC (3272)

Our Clinical Experts: *Alberta Children's Hospital:*

Well On Your Way - Adolescent Transition Program: (403) 955-7252.

Disclaimer: This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or health care professional.



All of our Information Prescriptions are available for free download at: www.fcrc.sacyhn.ca/publications.php