

IMPROVING THE HEALTH OF TEXAS STUDENTS:

HEALTH CARE TRANSITION PLANNING AT SCHOOL

A structured pediatric-to-adult health care transition (HCT) process can support students who have an individualized education program (IEP) achieve their postsecondary goals.

Successful transitions to college, work, and adult life often depend on the ability of youth and young adults to manage their health care and navigate adult systems.

This includes student understanding of:

- Diagnoses and conditions;
- Medications and how to refill them;
- What to do in a medical emergency;
- Health insurance options;
- Legal and privacy changes at age 18; and
- How to disclose disability and request accommodations.

Key facts from the National Survey of Children's Health¹

Texas is one of 36 states and territories that selected HCT as a National Performance Measure.

¹U.S. Department of Health and Human Services, Health Resources & Services Administration, Maternal and Child Health Bureau. National Survey of Children's Health. Available at: <https://www.childhealthdata.org/>

Effective Pediatric-to-Adult Health Care Transition Promotes...

- ↑ Access to health care
- ↑ Self-care skills
- ↑ Condition-specific knowledge
- ↑ Patient confidence
- ↑ Quality of life and well-being

And Prevents...

- ↓ Gaps in care
- ↓ Emergency room visits
- ↓ Hospital admissions
- ↓ Hospital lengths of stay
- ↓ Morbidity and Mortality

- As of 2021 - 2022, approximately 1,363,568 Texas youth ages 12-17, had a special health care need.
- As of 2022 - 2023, an estimated 83.1% of Texas youth with special health care needs did not receive HCT preparation services.

SUGGESTIONS FOR SCHOOL TEAMS TO IMPROVE HCT FOR TEXAS STUDENTS

- ✓ Share [Texas Education Agency's Texas Transition and Employment Guide "Health" chapter²](#) with students and families.
- ✓ Use [HCT readiness assessments³](#) to identify individual strengths and needs and use [sample health-related goals⁴](#) to develop annual IEP goals.
- ✓ Get student and family input on ways to best include HCT at school and in the IEP.
- ✓ Empower students to build self-determination and advocacy skills through HCT planning.
- ✓ Engage school nurses and school-based health centers to teach self-management skills.
- ✓ Make HCT resources available on state, district, and school websites.
- ✓ Find ways to share HCT resources with students and families to emphasize the importance of active planning for this transition.
- ✓ Encourage students and families to start conversations with pediatric providers about HCT.

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²<https://spedsupport.tea.texas.gov/resource-library/texas-transition-and-employment-guide>

³<https://gottransition.org/resource/?tra-iep-english>

⁴<https://gottransition.org/resource/?sample-goals-for-tra-iep>