

► Transition Articles and Publications available on the Web

A Family Handbook on Future Planning

http://www.uic.edu/orgs/rrtcamr/Arc_FamilyHandbook_Feb_2004.doc

Edited by Sharon Davis, PhD, and published by The ARC of the United States in collaboration with the Department of Disability and Human Development, College of Applied Health Sciences, University of Illinois at Chicago this is a guide to help families develop a future plan for their sons or daughters who have cognitive, intellectual or developmental disabilities. It provides information about personal, financial and legal protections for children after the parents either die or can no longer provide care or support. *A Family Handbook on Future Planning* is not designed to be a “do-it-yourself” guide to will writing, trust development and other legal processes. Instead, it is designed to help families review and inventory the needs and strengths of a family member who is disabled, determine what should be in a plan, and then locate qualified professionals and resources to finalize the plan.

Tips for Parents and Children on Making the Transition

<http://www.telability.org/handouts/TelAbilityHandoutHappyHealthyandIndependent.pdf>

This is a two-page listing on the Telability web site. Telability is an interdisciplinary program based at the University of North Carolina that uses telecommunications to improve the lives children with disabilities. The listing includes suggestions on transition topics, including “How to Get There,” “Staying Happy,” “Staying Healthy,” and “Learning to be Independent.”

Transition Information Sheet for Families

<http://internet.dsc.uic.edu/forms/psu/0592.pdf>

Developed by the University of Illinois at Chicago, this is a one-page overview of key medical transition issues and questions. It's designed to help a parent prepare and plan a child's move from pediatric or child-centered to adult-centered health care systems.

“Transition to Adulthood: The Important Role of the Pediatrician”

Olsen, Donna G. and Nancy L. Swigonski. *Pediatrics* 11:3, March 2004, pp e159-e162.

<http://pediatrics.aappublications.org/cgi/content/full/113/3/e159>

This article, written by a parent of 2 youths with special health care needs and a pediatrician, builds on the Medical Home framework to give concrete examples of what physicians and families can and should do to prepare families for transition(s). The article consists of 3 parts. The first part is an introduction giving an overview of the importance of transition. The second part, "Developing a Life (not Illness) Plan: Begin With the End in Mind," emphasizes that no matter how challenging the disability or compromising the chronic illness, parents owe it to their children to risk thinking about the future and beginning to help them develop a life (not illness) plan. The third part, "With a Little Help from My Friends," looks at how linking families with other parents, young adults, and adults living with disabilities and serious chronic illness can be a source of information to both families and physicians as they plan for the future.

