

An Introduction to Health Care Transition for Teens with Kidney Disease

TRANSPLANT MANITOBA
Pediatric Kidney Program



What Is Health Care Transition?

The goal of Health Care Transition is to help you develop and learn to live with your kidney disease. We will help you stay healthy as you become an adult and help you adjust to things that are different in the adult health care system.

Transition is about working together with other members of your health care team to get ready for this change. The aim is that by around the age of 18 you will be confident in your ability to take great care of yourself and be ready to leave Children's Hospital. This is a positive change! We want you to feel like you are in charge of your own health care when you receive your health services from the adult health care system.

Living with your kidney disease.

Kidney disease is a part of your life and who you are, and we want to help you feel comfortable with that. You want the freedom to live your life. Having that means developing self-confidence and a healthy attitude about taking care of your own health needs.

Speaking up for yourself!

You are the best person to know your own body and what you need. Your opinion is important. We will help you learn to talk to the medical team, and make sure that your voice is heard.



Knowing your rights.

You have the right to get information about your health and make your own treatment decisions. It is your health information. You should know who has access to your private health information and information about your care.

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Taking care of yourself.

To be independent, means taking an active role in managing your health care needs. It means taking charge! The more you know about your kidney disease, the better. If you can describe your health issues, it will help you get the best advice. We can help you learn at your own speed! Get comfortable with things like booking your own appointments and making schedules for your medications that work for you.

Figuring out how lifestyle issues fit with your kidney disease.

You are entering adulthood. You will be thinking about changes in your body, different lifestyles, and how things like drugs and alcohol can affect your health. Many young adults find it helpful to talk to someone about these issues. We are there to talk about things if you want to.

Knowing when you need help and how to get it.

Who can you go to when you are having problems or if you are not feeling well?
Where do you go in an emergency?

Deciding when it is time to move on!

We will help you to plan for the future. We can give you information about how the adult health care system works and how is it different from the child health system. We can help you figure out what you still need to learn to get ready.



When does transition begin?

It has already started! It happens to everyone as they become adults. The only difference is you have health issues that some of your friends don't have, so we will help you make those extra adjustments in your life.

Your health care team has been encouraging you to learn to manage your own health care needs from the beginning. We have learned from other teens that "getting ready" takes a while, and everyone goes at their own speed. We want to make sure that when the time comes, you are ready and the transfer to the adult system goes smoothly.