### Age Specific Activities To Support Transition To Adulthood

<table>
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<th>Age Range</th>
<th>Activities</th>
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| Birth to age 3 years | Encourage children to help with activities  
Do not do for them what they can do for themselves |
| 3-5 years       | Assign appropriate household chores  
Help children interact with others in various settings |
| 6-8 years       | Ask children “What do you want to be when you grow up?” |
| 8-10 years      | Help children talk to health care providers to aid the child taking responsibility for their own health care needs |
| 10-12 years     | Talk to children about their interests and abilities and how their levels of abilities affect their career choices  
Find out about the school system’s school-to-work program |
| 12 years old    | Help adolescents to focus on talents, likes, personality traits  
Support challenges to develop self-awareness as they look toward the future |
| 12-13 years     | Help young teens find small paying or volunteer jobs |
| 13-14 years     | Get written information about the teen’s state vocational rehabilitation program and school based transition program |
| 14 years old    | Make a transition plan for adult living including health services  
Find out about school’s IEP  
Help teen and family develop independence in care for self, taking medications, teamwork, and expressing confidence  
Young person should learn about disclosing information and advocating for their needs |
| 14-18 years     | Ask about adult plans and what will make these happen  
Encourage teen to contact Vocational Rehabilitation  
Young person should know about body changes and how the disability will affect future vocational choices, marriage, and children  
Young adult should apply for SSI and Medicaid benefits at 18 years of age if appropriate |
| One year prior to leaving pediatric provider | Assist the adolescent in finding an adult health care provider and transferring medical information to this provider  
Assist the adolescent in understanding insurance options (Medicaid, private insurance, parental insurance)  
Young person should see both the pediatric and adult provider for one year to help with continuity of care |

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