

## Age Specific Activities To Support Transition To Adulthood

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 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, public insurance) Young person should see both the pediatric and adult provider for one year to help with continuity of care

Adapted from Bloomquist K, Brown G, Peersen A, Pressler E. (1998) Transition to independence: Challenges for young people with disabilities and their caregivers. *Orthopedic Nursing*, 17: 27-35.  
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