

ON TRAC Transition to Adult Care Timeline

"Take it step by step, moment by moment - break it into small manageable pieces. Pat yourself on the back for steps accomplished" ...a parent who has been there.

Age 12-13

- Start Youth Quiz & Parent/Family Checklist
- Make copies of Birth Certificate
- Learn how to Just TRAC it!
- Confirm and visit Family Practitioner (FP) once year
- Start/ review Individualized Education Plan (IEP) if needed

Age 18

- Confirm adult insurance; Pharmacare, medical, dental, extended and Non-insured
- Confirm Adult Specialists and FPs received all transition documents
- Apply for PWD bus pass, parking permits, Handy dart, and travel coverage
- Discuss/ confirm legal guardian, Representation Agreement, signing of consents
- Look for funding to support travel and accommodation for Adult health care visits
- Explore savings options & tax credits available
- Confirm adult suppliers for supplies and equipment

Age 19-24

- Visit FP at least twice /year
- Visit Adult specialist(s) once/year
- List all adult care providers and services
- Confirm living and support services
- Explore education and vocational opportunities, scholarships & bursaries

Age 17

- Explore options for driving
- Develop a work and/or career plan
- If eligible, apply for Persons with Disability (PWD) - open a PWD bank account (at 17.5 years)
- Plan for high school graduation or extension
- Apply for 'Special Accommodation' if attending post secondary schools
- Make final appointments/identify adult occupational & physical therapists, dietician & other services needed
- Collect all transition documents (letters, assessments, reports and checklists)
- Confirm 1st appointments for all Adult specialist(s)
- Create a health care plan if moving away for school
- Assess and update all equipment & supplies

Future Goals



Age 14

- Visit FP up to twice/year – ensure he/she is getting Specialist letters and reports
- Get BC Identification & Social Insurance Number
- Learn about transition social workers & case managers
- Start a transition binder
- Create your own 'Path' or plan for the future

Age 15

- Connect with other youth through camps, sports and activities outside of school
- Talk to your FP about sexual and/ or emotional health issues
- Practice self-care and/or directing others

Age 16

- Plan for after high school – review IEP
- If home/ living services are needed - learn about eligibility
- Determine if a Psycho-Educational assessment is needed/ current
- Start a list of all Adult specialists, care providers and services
- Make a list of medications, supplies and equipment needed
- Learn about educational grants, bursaries and scholarships

Start Here

