Transitions Roadmap for Children and Youth with Special Health Needs

This roadmap shows what may lie ahead for you and your family at each life stage.

Transitions are different for everyone, but this map can help you prepare to take action to meet your health care needs!

**Key**
- Information and actions for parents/caregivers
- Information and actions for children/youth
- Information and actions for youth and parents/caregivers
- *DPOA* Durable Power of Attorney
- **MTU** Medical Therapy Unit
- *** SSI Supplemental Security Income

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**Birth**
- Know that Early Intervention Services End at your child’s third birthday
- May Begin Services with school district and/ or Regional Center
- Begin to Build Social Skills

**Age 3-10**
- Explain Your Child’s Condition and Treatment to Them
- Learn About Your Condition
  - Treatments
  - Medications
- Start Thinking About Education/Career Goals

**Age 11-12**
- Begin Discussion about Transitions with Health Providers
- Support Opportunities for Your Child to Build Additional Life Skills
- Think About the Impact of Your Choices on Your Condition (If you engage in these activities)
  - Relationships
  - Sex
  - Alcohol/Drugs
  - Time Management

**Age 13-15**
- Develop a Transition Plan with your
  - Medical providers (doctors, therapists)
  - School
  - Family
- Start Thinking About Education/Career Goals

**Age 16-17**
- Consider *DPOA/Conservatorship, before your child turns 18*
- Attend a Transition Clinic (For ** MTU Clients**)
- Become a Legal Adult & make decisions
  - Work
  - School
  - Place to Live
- Permission Must Be Given for anyone to handle your business
- Find Adult Providers

**Age 18**
- Apply or Reapply for SSI
- Research & Apply for Medical Insurance (if no SSI)
- Get Care from Adult Providers
  - Specialty doctors
  - Primary physician

**Age 21**
- CCS Graduation
- Regional Center Services May Continue
- School District Services May Continue Until Age 22

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Alameda County Public Health Department
California Children’s Services (CCS)
Right Care. Right Time. Right Place.

For Questions, Call the CCS Transitions Program at 510-208-5970 or email ccsbridge@acgov.org

Helpful Online Guide: [www.gottransitions.org](http://www.gottransitions.org)

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