
TRANSITION TIMELINE

FOR PARENTS & CAREGIVERS OF YOUTH WITH MEDICAL COMPLEXITIES

Age 12-13

- Continue monitoring your child's health conditions, medications, and allergies
- Make a medical summary or care notebook with your child's provider or family navigator
- Start keeping a care notebook for your child

Age 14-15

- Plan for a medical emergency
- Create an IEP which discusses life after high school for your child
- Continue managing your child's appointments and referrals to specialists
- Prepare for your child's appointments by making a list of questions that you'd like to ask your child's provider

Age 16-17

- Be aware of when your child's medications need to be refilled and give adequate time for the provider and pharmacy to refill them
- If needed, invite Vocational Rehabilitation to IEP meetings to help plan for your child's transition after high school
- Make sure that your child's IEP includes plans for after high school, or if needed, supports for higher education or employment
- Explore options for substitute decision-making to support your child when they turn 18
- If applicable, add your child's name to the waiting list for residential placement

Age 18-21

- Consult Iowa Legal Aid or Disability Rights Iowa if you need help with substitute decision-making arrangements for your child
- If needed, explore options for accessing your child's medical records through medical power of attorney or guardianship
- If applicable, call your child's adult health care provider to schedule an appointment and transfer their medical records

Age 22-25

- Continue managing your child's health care and updating their medical summary
- Keep track of your child's insurance status and financial eligibility for social services
- Update your child's provider with any changes to their health insurance coverage
- If applicable, explore the possibility of your child with a disability staying on a parent's private health insurance plan

Note: If your child is not able to functionally participate in the transition process, it will be your ongoing responsibility to plan for your child's transition to the adult health care system