

Transition to adulthood

As our patients near the age of 18 years of age we try to prepare them for adulthood. This transition can be a time of uncertainty and fear for many young adults and their families. The information below is designed to help provide you with the knowledge that you need in order to make the process as smooth as possible. The process starts around 16-17 years of age and may include the following topics:

- Transition of general medical care to the family doctor
- Transition of specialist medical care to adult services (if applicable)
- Capacity assessments
- Guardianship
- Trusteeship
- AISH
- PDD

Additional preparation can also include your teen learning more about their diagnoses and medications, as well as becoming more involved in decision making. During the older teen years, your paediatrician may raise these subjects and assist you and your teen in making decisions regarding their preparation for, and adaptation to the adult world.

If you believe that these discussions may be uncomfortable for your teen, or you feel that they may not be ready to have these discussions, please alert your paediatrician, as introducing these subjects is standard medical care. It may help your child to start these discussions at home so that when your health care team raises them, your teen is aware of the concepts.

To assist you with the transition we have created a list of resources to help you navigate the system. Also included are relevant government web sites so that as the parent, you are aware of what the regulations are.

Teen transition support programs:

Alberta Health Services - Well One Your Way - supports for youth and parents:

<https://www.albertahealthservices.ca/y2a/y2a.aspx>

Youth Transition to Adulthood through McMan, referral from Children's Services required:

<https://mcmancalgary.ca/yta/>

Trellis Youth Transition to Adulthood - For teens with Children's Services status who are transitioning out of foster care or a community group home:

<https://www.growwithtrellis.ca/youth-programs/housing-shelters/youth-transitions-to-adulthood>

Enviros Transition Program - Transitional life skill for youth who have had long-term involvement with the Children and Youth Services system or those with exceptional circumstances requiring intervention:

<https://informalberta.ca/public/service/serviceProfileStyled.do?serviceQueryId=934>

Family and Community Resource Centre

- Videos on transitioning to adult medical care:
<http://fcrc.albertahealthservices.ca/transition/>
- Links to other web, book and video resources for transitioning:
<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/youth-transition/>
- Community Access, Advocacy & Support Resources
<http://fcrc.albertahealthservices.ca/transition/resources/list/print/?c=community-access-advocacy-support-resources>

Youth In Transition LINC - Language Instruction for Newcomers to Canada. This full-time program is for immigrant youth between the ages of 18 and 24:

<https://bowvalleycollege.ca/programs-courses/english-language-learning/youth-in-transition>

City of Calgary - Youth Employment Centre (YEC) provides free career and employment services to youth ages 15 - 24:

<https://www.calgary.ca/social-services/youth/services.html>

Big Brothers and Big Sisters Calgary and Area Youth Services:

<https://bbbscalgary.ca/resources/youth-resources/>

Transition Services for Emerging Adults on the Autism Spectrum:

<https://sinneavefoundation.org/>

Information on AISH:

If your youth will require financial support contact AISH at **17.5 years of age**

<https://www.alberta.ca/aish>

<https://www.alberta.ca/alberta-aids-to-daily-living>

Information on PDD:

If your young adult has a developmental disability contact PDD starting at **16 years of age**

<https://www.alberta.ca/persons-with-developmental-disabilities-pdd>

Information in guardianship/trusteeship:

Some young adults are yet to develop the skills that they need to make decisions or manage their finances for themselves. These youth will need a legal guardian to make those decisions for them. If you think that this applies to your own teen the first step is likely to be a capacity assessment. Depending on your child's individual situation and the comfort of your paediatrician, this assessment may be done by your physician. Alternatively click the following links for other options. **This process is best started as soon as your child turns 17 years old.**

<https://www.alberta.ca/capacity-assessment>

<https://www.alberta.ca/adult-guardianship>

<https://www.alberta.ca/trusteeship>

<https://www.alberta.ca/informal-trusteeship>

<https://www.alberta.ca/alberta-aids-to-daily-living>

Other important steps:

When teens become adults there are many other factors to consider. They will likely need the following documentation.

Health Card – www.health.alberta.ca

Birth Certificate – www.serviceaberta.ca (Use Quick Link)

School records and reports

Immunization records

Medical or Psychological Assessments

Social insurance number (SIN) - www.servicecanada.gc.ca

Government issued photo ID - Available at any Alberta Registry Office

Transition of medical care:

Your youth will need to find a family doctor and may also require on going mental health support. The following links may be useful:

To find a family doctor:

<https://albertafindadoctor.ca/>

For health insurance:

[https://www.ab.bluecross.ca/campaign/personal/young-adults.php?](https://www.ab.bluecross.ca/campaign/personal/young-adults.php?utm_source=Google&utm_medium=cpc&utm_campaign=IP&utm_content=YA&gclid=EAlaIQobChMIy8H6vdaPgQMVDDStBh02gQw_EAMYASAAEgKddPD_BwE)

[utm_source=Google&utm_medium=cpc&utm_campaign=IP&utm_content=YA&gclid=EAlaIQobChMIy8H6vdaPgQMVDDStBh02gQw_EAMYASAAEgKddPD_BwE](https://www.ab.bluecross.ca/campaign/personal/young-adults.php?utm_source=Google&utm_medium=cpc&utm_campaign=IP&utm_content=YA&gclid=EAlaIQobChMIy8H6vdaPgQMVDDStBh02gQw_EAMYASAAEgKddPD_BwE)

For ongoing mental health support contact Access Mental Health at 403-943-1500 or discuss other options with your paediatrician

Thanks to B.Z. for your feedback and the idea for this handout!