



TRANSITION/TRANSFER OF PATIENTS TO ADULT CARE

ISLAND HEALTH AUTHORITY (VIHA)

COMMUNITY RESOURCES SUPPORTING TRANSITION

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| COMMUNITY SUPPORT | |
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| Canadian Red Cross Health Equipment Loan http://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program | The Health Equipment Loan Program (HELP), a national program of the Canadian Red Cross, provides health equipment to individuals dealing with illness or injury. |
| Choice in Supports for Independent Living (CSIL) http://www.viha.ca/hcc/services/choice+in supports for independent living csil.htm | Home support services include but are not limited to: community nursing, assisted living, home support and community rehabilitation. |
| Family Support Institute www.familysupportbc.com | A provincial society that supports ALL families with a family member of any age, any disability (including mental health challenges) at no cost, anywhere in BC: <ul style="list-style-type: none"> • Social support, networking, information sharing, and emotional support • Guides families to the services and supports available in their regions of the province. • Workshop training and delivery throughout BC on topics such as transitioning, financial management, family health, career planning and sexual health. • An online searchable database for families has over 3,000 resources for families already entered and categorized. Visit http://familysupportbc.com/resources/ |
| For Everything That's Community Health (FETCH) https://www.divisionsbc.ca/provincial/fetch | An online resource list with region-specific websites that help patients and health care providers find information on social and health resources within their own community, including counselling, crisis intervention, employment assistance, and agencies that provide support for various medical conditions. |

DEVELOPMENTAL DISABILITIES

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| <p>Asante Centre</p> <p>http://www.asantecentre.org/who.html</p> | <p>The Asante Centre is a not-for-profit organization providing a variety of services related to Fetal Alcohol Spectrum Disorder (FASD), Autism Spectrum Disorder (ASD) and other complex developmental needs. The Centre offers assessment and diagnostic services, family and community support, education and training, research projects, resource development, and more.</p> |
| <p>Canada Fetal Alcohol Spectrum Disorder Research Network (CanFASD)</p> <p>http://canfasd.ca</p> | <p>CanFASD's unique partnership brings together many scientific viewpoints to address complexities of FASD, with a focus of ensuring that research knowledge is translated to community and policy action.</p> |
| <p>Canadian Down Syndrome Society (CDSS)</p> <p>http://cdss.ca/</p> | <p>The Canadian Down Syndrome Society (CDSS) is Canada's voice for the Down syndrome community. Support and advocacy is provided for families and people with Down syndrome through important events like the Canadian Down Syndrome Conference, and Go21, as well as resources and information, and more.</p> |
| <p>Developmental Disabilities Mental Health Services</p> <p>http://www.vch.ca/locations-and-services/find-health-services/?program_id=11713</p> | <p>Specialized mental health services for individuals who live with co-existing developmental disabilities and a mental illness, and/or challenging behaviours.</p> |
| <p>Inclusion BC</p> <p>http://inclusionbc.org/</p> | <p>A provincial non-profit organization dedicated to promoting the participation of people with developmental disabilities in all aspects of community life.</p> <p>The website provides information about transitional resources and support for people with developmental disabilities, including:</p> <ul style="list-style-type: none"> • Assistance locating support • Transition planning for families • Links to publications <p>A comprehensive list of website links (link to http://www.inclusionbc.org/resources/weblinks) to a variety of topics, for example, Advocacy, Disabilities, Education, Financial Planning and Mental Health.</p> |
| <p>Kids Brain Health Network (formally called NeuroDevNet)</p> <p>http://www.neurodevnet.ca/</p> | <p>As a Canadian Network of Centres of Excellence (NCE), Kids Brain Health Network current transformative research projects focus on autism spectrum disorder, cerebral palsy, and fetal alcohol spectrum disorder, sleep, the social determinants of health and health economics, supported by collaboration with Core services in neuroethics, neuroinformatics, and knowledge translation.</p> |
| <p>Services to Adults with Developmental Disabilities (STADD)</p> <p>https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/transition-planning-for-youth-young-adults</p> | <p>STADD (Services to Adults with Developmental Disabilities) provides eligible individuals and families the service of a STADD navigator to create personalized plans built around the needs of specific individuals. Topics can include school, employment, money, and health care. Youth between the ages of 16 and 24 may apply for STADD service. Early access to STADD is encouraged for more effective transition planning.</p> |

GENERAL HEALTH

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| <p>Access RDSP</p> <p>www.rdsp.com/supports-and-services/</p> | <p>The Registered Disability Savings Plan (RDSP) is a Canada-wide registered matched savings plan specific for people with disabilities. It is designed as a long-term savings plan to help the holder be better financially prepared for their future.</p> <p>Access RDSP provides free assistance with Disability Tax Credit (DTC) applications and operates a Registered Disability Savings Plan (RDSP) and disability planning information helpline (1-844-311-7526). The RDSP has up to \$90,000 of matching grants and bonds available. Access RDSP helps individuals and families with low-incomes access the Endowment 150 grant, which provides a one-time \$150 gift to help their RDSP grow. It also provides Indigenous navigation.</p> |
| <p>Advanced Care Planning</p> <p>http://www2.gov.bc.ca/gov/content/health/managing-your-health/incapacity-planning</p> | <p>Online information about legal documents allowing people to plan for possible incapacity to manage personal health and well-being decisions and care.</p> <p>Advanced Care Planning: http://www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf</p> <p>MOST Form: https://www.healthlinkbc.ca/health-feature/advance-care-planning</p> |
| <p>BC211</p> <p>http://www.bc211.ca/help-lines/</p> | <p>211 is a confidential, multilingual 24/7 telephone and texting service that provides free information and referral to a full range of community, social, and government services such as:</p> <ul style="list-style-type: none"> • Information on and referral to community resources and government services • Health needs for victims of violence and human trafficking • Addiction • Shelter and Street help |
| <p>Drug Cocktails</p> <p>http://www.drugcocktails.ca/</p> | <p>The Drug Cocktails website – “Facts for Youth about mixing Medicine, Booze and Street Drugs”. Information available includes includes technical information, identification and database of prescription medications, and professional and clinical information.</p> |
| <p>Foundry</p> <p>http://foundrybc.ca</p> | <p>Foundry is a province-wide network of integrated health and social service centres and online resources for young people ages 12-24. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. Foundrybc.ca is powered by BC Children’s Hospital.</p> |
| <p>HealthLinkBC</p> <p>https://www.healthlinkbc.ca/services-and-resources/about-8-1-1</p> | <p>HealthLink BC provides access to non-emergency health information and advice in British Columbia, a website (visit https://www.healthlinkbc.ca/), a mobile app, and a collection of print resources. Translation services are available through an interpreter who will join the call.</p> <p>8.1.1 is a free-of-charge 24-hour provincial health information and advice line.</p> <p>7.1.1. provides this service to people with hearing impairment.</p> |

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| <p>Interim Federal Health Program (IFHP)</p> <p>https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html</p> | <p>The Interim Federal Health Program (IFHP) provides limited, temporary coverage of health-care benefits to people in the following groups who aren't eligible for provincial or territorial (PT) health insurance:</p> <ul style="list-style-type: none"> • Protected persons, including resettled refugees; • Refugee claimants; and • Certain other groups. |
| <p>Non-Insured Health Benefits for First Nations and Inuit (NIHB)</p> <p>https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/non-insured-health-benefits-nihb-program-general-information-questions-answers-first-nations-inuit-health-canada.html</p> | <p>A federal program providing health coverage for a specified range of medically necessary items and services that are not covered by other plans and programs. Services covered include:</p> <ul style="list-style-type: none"> • Dental care • Eye and Vision care • Medical supplies/equipment • Drugs/pharmaceuticals • Mental health counselling • Transportation related to accessing medical services |
| <p>Poverty Intervention Tool</p> | <p>This document has useful intervention resources and includes helpful links for both patients and practitioner:</p> <p>https://divisionsbc.ca/CMSMedia/WebPageRevisions/PageRev-9106/BC-Poverty-2015-Final.pdf</p> |
| <p>Pride Education Networks</p> <p>http://pridenet.ca/</p> | <p>Pride Education Networks is a group of educators and advocates who value the importance of a safe, respectful and inclusive learning environment for all.</p> <p>Community Groups and Services for LGBT Youth in BC</p> <p>http://pridenet.ca/wp-content/uploads/community-groups-and-services.pdf</p> |
| <p>Rapid Access to Consultative Expertise (RACE)</p> <p>http://www.raceconnect.ca/</p> <p>Please note, this resource is for physicians only.</p> | <p>RACE is an innovative model of shared care involving a telephone advice line where family physicians can call one phone number and choose from a selection of specialty services for real-time telephone advice. The telephone call is routed directly to the specialist's cell phone or pager for "just in time" advice.</p> <p>For a list of specialty areas, see:</p> <p>http://www.raceconnect.ca/services-available/</p> |
| <p>Sex and U</p> <p>http://www.sexandu.ca/</p> | <p>SexandU.ca takes a real-life approach to the questions and issues around sex and sexuality that matter most to Canadians. From talking about sex, to lifestyle choices, to contraception awareness and sexually transmitted infections, SexandU.ca provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health.</p> |
| <p>Transgender Health Information (THiP)</p> <p>http://transhealth.phsa.ca/support/bc-support-groups</p> | <p>BC Support Groups</p> <p>Website includes a list of support groups of which THiP has been made aware.</p> |

MENTAL HEALTH

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| Adult Mental Health and Substance Use Services | http://www.viha.ca/mhas/ |
| BC Mental Health and Substance Use Services (BCMHSUS) http://www.bcmhsus.ca/ | <p>BC Mental Health & Substance Use Services (BCMHSUS) provides a diverse range of specialized and one-of-a-kind tertiary mental health and substance use services for young people and adults across the province.</p> <p>Recognizing that people with mental health challenges may also have co-occurring substance use concerns, the assessment and treatment of substance use issues is an integral part of the programs.</p> <p>BC Mental Health & Substance Use Services is responsible for the following provincial specialized mental health & substance use programs:</p> <ul style="list-style-type: none"> • The Forensic Psychiatric Services Commission which includes the Forensic Psychiatric Hospital and 6 regional clinics; • Correctional Health Service • The Burnaby Centre for Mental Health and Addictions; • The Youth and Young Adult Substance Use Treatment Program (Ashnola at the Crossing); • Heartwood Centre for Women; and • BC Mental Health and Addictions Research Institute |
| BC Neuropsychiatry Program http://www.bcnp.ca/ | <p>This is a tertiary adult provincial program located at distributed sites across the province of BC. Partners include UBC Hospital's neuropsychiatric inpatient and outpatient services in Vancouver, Hillside Centre's neuropsychiatric inpatient unit in Kamloops, Delta Hospital Neuropsychiatric outpatient clinic in Delta, and the Alder Unit (Lower Mainland's neuropsychiatric residential unit) in Vancouver.</p> |
| BC Pediatric Society – Helpful Resources http://bcpeds.ca/Families/showcontent.aspx?MenuID=1836 | <p>An online resource list of organizations offering general information about mental health and helpful mental health resources.</p> |
| Brainstreams.ca http://www.brainstreams.ca/ | <p>24/7 access to information and resources for the thousands of people who experience brain injury in BC and beyond each year. The website contains educational information about the brain, stories contributed by survivors and caregivers, lists of local and other resources and event postings.</p> |
| British Columbia Psychological Association https://www.psychologists.bc.ca/ | <p>The BC Psychological Association (BCPA) is committed to advancing the profession of psychology and supporting the emotional health and psychological well-being of all British Columbians by helping them access high-quality, clinically proven psychological care provided by Registered Psychologists.</p> <p>Free referral service of Registered Psychologists, searchable by location, area of concern, therapy method, and other criteria available at: https://www.psychologists.bc.ca/find_psychologist_full</p> |

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| <p>Canadian Mental Health Association (CMHA; BC Division) http://www.cmha.bc.ca/</p> | <p>A national charity that helps maintain and improve mental health for all Canadians. Many resources available for health care professionals and families, including:</p> <p>CMHA Wellness Programs CMHA believes that good mental health is essential to overall health and well-being. Whether individuals are managing a mental illness, supporting someone they care about, or looking to build their own overall health, CMHA can help people build mental health skills and resilience for themselves and their family.</p> <p>Bounce Back® A free, evidence-based program designed to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. http://www.cmha.bc.ca/programs-services/bounce-back/</p> <p>Living Life to the Full An eight-session, 12-hour mental health promotion course designed to help people deal with low mood, anxiety, stress and everyday life challenges. http://www.cmha.bc.ca/programs-services/living-life-to-the-full/</p> <p>Privacy and Information Sharing Resources: http://www.cmha.bc.ca/documents/privacy-and-information-sharing-resources/</p> <ul style="list-style-type: none"> • Privacy for Parents and Caregivers – Factsheet • Best Practices for Service Providers: Privacy and Information Sharing – Factsheet |
| <p>Child and Teen Mental Health website, Ministry for Children and Family Development (MCFD) http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health</p> | <p>A website with a number of helpful resources, including:</p> <ul style="list-style-type: none"> • A map to find mental health services and intake clinics for children and teens • Suicide prevention resources for children and youth • Suicide prevention information and practical tools for parents, caregivers or professionals • Information about Youth Forensic Psychiatric Services • Additional suggestions for finding mental health services for your child or teen |
| <p>Child and Youth Special Needs (CYSN) http://www2.gov.bc.ca/gov/content/health/healthy-women-children/child-behaviour-development/special-needs</p> | <p>Services and funding options may be available for children or teens who have special needs and their families. Here are a few examples:</p> <ul style="list-style-type: none"> • Social and life skills training for children and teens • Behavioural and other professional support services for children and teens • Respite, counselling, support groups and homemaker services to assist families |
| <p>Collaborative Toolbox http://www.collaborativetoolbox.ca/initiating-change</p> | <p>A 'one-stop-shop' for child and youth MHSU tools and a number of local resources, for example:</p> <ul style="list-style-type: none"> • facilitate engagement of community members and identify gaps in care • include assistance when engaging youth and families • provide examples of how you can share information about supports and resources in your community |

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| <p>Early Psychosis Intervention (EPI) www.earlypsychosis.ca</p> | <p>Recognizing the signs and symptoms of psychosis and providing intervention early in the course of illness will improve long term outcomes and recovery. The website provides a collective resource about Early Psychosis Intervention (EPI) services across the province of British Columbia.</p> <p>Contact information is available for each BC EPI Program in five Health Authorities – visit: http://www.earlypsychosis.ca/pages/about-epi</p> <p>Dealing With Psychosis (DWP) Toolkit and other resources can be downloaded from: http://www.earlypsychosis.ca/pages/resources/downloads</p> |
| <p>FamilySmart™ Together-Centred Institute of Families for Child & Youth Mental Health http://www.familysmart.ca/</p> | <p>FamilySmart™ Parents In Residence (PIR) and Youth In Residence (YIR) in many communities across BC provide peer support, education, resources and coaching to families with children and youth with mental health challenges. Also offer mental health literacy education and work alongside mental health professionals and systems to best understand and meet the mental health needs of families.</p> |
| <p>FIND Services and Resources Guided Search http://www.healthlinkbc.ca/service-sresources/guidedsearch</p> | <p>The HealthLink BC FIND Services and Resources Directory provides listings for health services offered by the provincial government, provincial health authorities, and non-profit agencies across British Columbia. Individuals can search for walk-in clinics, emergency rooms, hospitals, mental health program, home care programs, pharmacy services, laboratory services, and more.</p> |
| <p>HeretoHelpBC.ca http://www.heretohelp.bc.ca/</p> | <p>HeretoHelp is a website of the BC Partners for Mental Health and Addictions Information, a group working together to help people better prevent and manage mental health and substance use problems and live a healthier life. The website offers comprehensive online and other resources.</p> <p>The leading provincial mental health and addictions non-profit agencies are: AnxietyBC, BC Schizophrenia Society, Canadian Institute for Substance Use Research, Canadian Mental Health Association's BC Division, Institute of Families for Child and Youth Mental Health, Jessie's Legacy eating disorders prevention and awareness (a Family Services of the North Shore program) and Mood Disorders Association of BC.</p> |
| <p>Kelty Mental Health Resource Centre http://keltymentalhealth.ca/</p> | <p>The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC. The Resource Centre also provides peer support to people of all ages with eating disorders.</p> |
| <p>Learning Links https://learninglinksbc.ca/ Please note, this resource is for physicians only.</p> | <p>Learning Links is a free online resource created to help BC physicians better diagnose, treat and manage children and youth with mental health disorders. Featuring 15 distinct modules, Learning Links addresses anxiety, depression, self-harm, OCD, psychotic disorders and more. Physicians who complete the modules are eligible for self-directed continuing education credits. Learning Links was created by an expert team of BC physicians led by Dr. Jana Davidson, Psychiatrist-in-Chief at BC Children's Hospital, as part of the Child and Youth Mental Health and Substance Collaborative. Visit the website to view the modules and get started.</p> |

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| <p>Mental Health and Substance Use Supports in BC</p> <p>https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc</p> | <p>This mental health and substance use website is an online hub of information about mental health and substance use that includes services available in B.C. for children and youth, students and adults.</p> |
| <p>Pacific Autism Family Centre Society</p> <p>http://pacificautismfamily.com/</p> | <p>Pacific Autism Family Centre (PAFC) is a centre of excellence for individuals with Autism Spectrum Disorder and their families. The core purpose is to be a Knowledge Centre: bringing together state of the art resources for research, information, learning, assessment, treatment and support; and building capacity to address the lifespan needs of individuals with ASD, and their families across BC.</p> <p>Ready, Willing & Able (RWA) is a national partnership between the Canadian Association for Community Living (CACL), the Canadian Autism Spectrum Disorders Alliance (CASDA) to develop a more inclusive workforce across Canada. The program is focused on increasing the employment rate of people with Autism Spectrum Disorder (ASD) by engaging employers and raising awareness about the value of hiring people with diverse abilities. For information about the initiative, see http://readywillingable.ca/ or contact the Autism Outreach Coordinator for Greater Vancouver Regional District – see RWA Staff tab for phone number.</p> <p>Employment Works is an employment readiness program for individuals with ASD between the ages of 15-29. For further information about this program please see: http://worktopia.ca/</p> |

| STUDENT HEALTH | |
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| <p>University of Victoria Health Services</p> <p>http://www.uvic.ca/services/health/</p> | <p>University Health Services (UHS) provides a full service primary health clinic at the Peterson Health Center for students, and coordinates healthy student and campus initiatives. Students are encouraged to use UHS as primary point of health care while at UVic.</p> |

| TRANSITION | |
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| <p>AgedOut.Com</p> <p>https://agedout.com/</p> | <p>AgedOut.com is for youth and young adults who are or have been in government care in BC.</p> <p>AgedOut.com provides a one-stop information warehouse and gamified life skills modules (quests) to support young adults as they prepare for their transition into community. In 2018 youth and young adults can earn up to \$150 of gift cards while they learn. You must be a registered user to earn rewards. Young adult with care experience in BC under the age of 25 qualify for rewards</p> <p>AgedOut.com delivers a single point of access for former youth in care to find resources that meet their needs and connect with online and in-person support</p> |

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| <p>Canuck Place Children’s Hospice – Youth Transition Program</p> <p>https://www.canuckplace.org/about-us/</p> | <p>Canuck Place Children’s Hospice is BC’s pediatric palliative care provider for children with life threatening illnesses and their families.</p> <p>The document Canuck Place – Youth Transition Program provides a comprehensive list of links to transitional resources for families to contact, including: housing and living, health, wellness and sexuality, social activities, assistive technology and many more. See: https://www.canuckplace.org/resources/families/</p> |
| <p>College of Physicians & Surgeons British Columbia</p> <p>https://www.cpsbc.ca/physician_search</p> | <p>The College website includes direct access to the College's online physician directory, which extracts contact information, office locations, and other relevant details about a physician directly from the public register in real time.</p> |
| <p>Community Living British Columbia (CLBC) – Youth in Transition</p> <p>http://www.communitylivingbc.ca/individuals-families/support-for-adults/youth-in-transition/</p> | <p>CLBC funds supports and services through service agencies for adults with developmental disabilities and their families in BC. CLBC works in collaboration with youth and their families and other government organizations and ministries to support youth transitioning to adulthood.</p> <p>The CLBC website explains a 3-step process for getting services through CLBC, and provides several resources including an Information Sheet for Families on Youth in Transition, a video interview about transition planning, and eligibility information</p> |
| <p>Pathways</p> <p>https://www.divisionsbc.ca/provincial/home</p> <p>Please note, this resource is for physicians only.</p> | <p>Pathways is an online resource that facilitates optimal patient referrals. It provides a directory of specialists and specialty clinics with current and pertinent information (e.g., wait times, areas of practice, languages spoken) to ensure patients are referred to the most appropriate specialist. Pathways contains categorized and searchable physician resources, community services, patient handouts and screening tools, and some communities also list allied health professionals.</p> <p>Access the tool through individual Divisions of Family Practice. Specialists (e.g., pediatricians) can access the full Pathways site once their practice profile has been listed on Pathways.</p> <p>Please visit https://pathwaysbc.ca/info or contact the local Division of Family Practice (https://www.divisionsbc.ca/provincial/home) to enquire if Pathways is available in a community.</p> |
| <p>Transition to Adult Care Resources (ON TRAC)</p> <p>http://www.bcchildrens.ca/our-services/support-services/transition-to-adult-care</p> | <p>Transition to Adult Care tools and resources are available to support the preparation and readiness of youth (ages 12-24 years) with chronic health conditions and/or special health care needs, and their families, as they transition from paediatric to adult care and prepare to transfer to adult health care services.</p> <p>For Health Professionals</p> <p>Description of ON TRAC model: http://www.bcchildrens.ca/health-professionals/clinical-resources/transition-to-adult-care</p> <p>Clinical support tools including Transition Clinical Pathway document, Research Tools: http://www.bcchildrens.ca/health-professionals/clinical-resources/transition-to-adult-care/clinical-support-tools</p> <p>Services and resources to support youth with chronic and special health care needs including: drugs and alcohol, equipment, home care, managing health, mental health and many more:</p> |

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| | <p>http://www.bcchildrens.ca/health-professionals/clinical-resources/transition-to-adult-care/services-and-resources</p> <p>For Families http://www.bcchildrens.ca/our-services/support-services/transition-to-adult-care/family-toolkit</p> <p>The Family Toolkit was created by and for parents and families and contains resources to support families as they work with their youth to plan, prepare and transfer into adult health care. Topics include questions about leaving pediatric care, education, social networking, sexual health resources, and planning for the future.</p> <p>For Youth http://www.bcchildrens.ca/our-services/support-services/transition-to-adult-care/youth-toolkit</p> <p>The Youth Toolkit was created by and for youth and contains tools, tips and ideas to help youth aged 12-24 years plan and prepare for adulthood and adult health care.</p> |
| <p>UBC Continuing Professional Development</p> <p>http://ubccpd.ca/course/youth-transition</p> <p>Please note, this resource is for physicians only.</p> | <p>Transitioning to Adult Care for Youth with Chronic Health Conditions and Disabilities.</p> <p>This free online course is designed to educate health providers on ways to better facilitate the continuity of care for youth with chronic health conditions and disabilities who are transitioning from paediatric care to the adult care system. The course is divided into four separate 15-minute modules covering the following topics: understanding transition for youth with CHC/Ds, development trajectory and implications for care, engaging youth and promoting adherence, and caring for youth with significant developmental and intellectual disabilities. Earn CME credits for completing all four modules for up to 1.0 Mainpro+/MOC Section 3 credits.</p> |