

Transitions in Spina Bifida



People with spina bifida will go through many changes as they grow up.

These can include:

- Starting pre-school
- Moving to elementary school, middle school, and high school
- Finishing high school, going to college, enrolling in vocational training, or getting a job
- Moving to a new neighborhood
- Moving from one doctor to another
- Changing insurance
- Leaving Children's Hospital Los Angeles (CHLA)

Here are some general tips that can help make any change go more smoothly.

Paperwork

- Ask for copies for your records - for example:
 - Any time an exam is done by therapist or the school
 - Emergency Room visits or hospital stays
 - Test results
 - Anything you think your doctor would want to know
- Keep the paperwork in a folder
 - Bring the folder with you to all your appointments
- Share your paperwork to your Spina Bifida team and your primary doctor
- You can connect with your CHLA care team through the secure online patient portal
 - Learn more at CHLA.org/MyChildrensLA (see handout)

Visiting New Places

For example: new doctor, new school, or just new grade in the same school

- Ask to visit the new place.
- Write down your questions before you visit - for example:
 - Does the new classroom have room for a wheelchair or other equipment?
 - Where is the nearest restroom?
 - Where is the nurse's office?
 - When to meet with teachers?
 - What are the hours of the doctor's office?
 - Is there an emergency number?

Spina Bifida Team

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 06/07/24

Insurance

Insurance can be confusing.

Here are a few places that can help you understand your insurance:

- Your plan's website
- Call your insurance companies Member Services
 - Member Services are there to help you understand
 - The number is on your insurance card
 - Ask questions about your plan including what services are covered.
- Still have questions?
 - See handout "How to Read Your Insurance Card"

Leaving CHLA

- Let the Spina Bifida Team know right away
- Our team will help you with what you need to do to continue your care

**The Spina Bifida Team is here to help you.
Please call (323) 361-2384 if you need help.**