

Health Care Transition Planning in Spina Bifida



Health Care Transition Planning Focuses on your Future

When you are 10 years old, Dr. Cecily Betz and the Spina Bifida Team will start to work with you and your family. They will help you understand changes that you will go through as you get older. They will follow you until you turn 21 years old or leave CHLA for care with another team.

Some of the things Dr. Betz and the Spina Bifida team will talk to you about:

Ages 10-12:

- What is health care transition?
- How can you do more for yourself?
- Do you understand your body and what spina bifida means?
- How is school going?

Ages 12-14:

- What are you doing on your own to take care of yourself?
- Are there things that get in the way of you doing things on your own?
- How is school going?
- Do you know what an I.E.P is? Do you have one? Do you go the I.E.P meeting?
- Do you let your teachers know what you need to be successful at school?

Ages 14-18

- Are you mostly taking care of yourself?
- Are you getting what you need at school?
- Will you be able to graduate from high school?
- Do you hope to drive? Will you be taking public transportation?
- Will you need help with making decisions after you turn 18?
- Do you want to go to college, learn a trade or get a job?

Ages 18-19

- How are you doing now that you are 18?
- Do you need help with making decisions?
- What choices can you make for care when you turn 21 years old?
- What are your needs that an adult provider will need to know to care for you?

Age 20

- Where do you want to go to receive your adult care?
- What do you need to do to help with transferring your care?
- What do you need to do with completing paperwork needed to transfer your care?

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

Spina Bifida

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Approved by PFE 05/06/21