

Transition Readiness Workshop

for youth, by youth, available in B.C.

Graduating from BC Children's Hospital requires skills and resources to be able to navigate through the adult health care system. What are these skills? How can we overcome the fears and challenges of transition? The Transition Readiness workshop provides a safe, inclusive, and youth led space for young people with chronic health conditions and/or disabilities to develop confidence and self-advocacy skills to overcome the challenges of transitioning from pediatric to adult care. This youth-only space promotes sharing and fosters connections between youth with common lived experience in receiving care. Young people leave with concrete tools and action steps that will help them transition safely.

Learning Outcomes

- To outline some key differences between pediatric care and adult care for youth with CHC/Ds
- To highlight the skills and challenges facing youth with CHC/Ds as they transition from pediatric to adult care
- To empower youth to begin taking responsibility for their own care through asking questions, building social support, and planning ahead
- To build a toolkit of leadership skills for youth, including how to discuss health issues with friends and care providers, as well as address challenges when they encounter them

“Youth engagement in the transition process is essential to ensure youth feel valued by, participate with, and attach to care providers in the adult world.”



Workshop Activities

- Group Agreements to create safe space
- Health Care Bingo to learn about the health care system
- “Sea of Transition” visioning exercise through group work and individual brainstorming
- Explore resources through the ON TRAC website and toolbox