

# Transition Guide for Children and Youth with Special Health Care Needs in Arizona

Start Here to Begin!

**Step 1: Age 12-14**  
Learn about [transition](#) and what the [OCSHCN](#) can do for the patient. Identify educational needs and begin working on developmentally appropriate tasks.

**Step 2: Age 15-17**  
Complete Step 1  
Explore post-high school options and identify decision-making needs. At 17, establish timeline to transition to adult care.

**Step 3: Age 18-21**  
Complete Step 2  
Identify insurance coverage and make decisions about future plans. Transfer to adult care providers when applicable.

Does the patient have an IEP or 504 plan?  
[Here's the difference.](#)

Yes

Review :  
[IEP Tips](#)  
[Advocacy Tips](#)

No

Is the patient eligible for Vocational Rehabilitation?  
[Learn more.](#)

Before 18, make decisions about [guardianship](#), [advance directive](#), voting, and other legal needs.

What insurance will the patient have as an adult?

Review options and discuss with Family:  
[Health-e-Arizona](#)  
[HealthCare.gov](#)

Patient Tasks

- ✓ Describe medical condition
- ✓ Name medication/therapies
- ✓ Advocate for self at school/appointments
- ✓ Start thinking about future plans
- ✓ Make positive lifestyle choices
- ✓ Review [transition checklist](#)

Patient Tasks

- ✓ Make own appointments
- ✓ Increase medication responsibility
  - ✓ Refill prescriptions
  - ✓ Check expiration dates
- ✓ Meet with guidance counselor to explore post-high school options
- ✓ Review adolescent health topics [here](#)
- ✓ Review [transition checklist](#)

Patient Tasks

- ✓ Transfer to adult care
- ✓ Re-apply for SSI benefits
- ✓ Ensure insurance coverage
- ✓ What's next?
  - ✓ Continued education
  - ✓ Employment
- ✓ Review [transition checklist](#)

Glossary:

OCSHCN: Office for Children with Special Health Care Needs

\*Based off of the FloridaHATS transition program.