

**Transition Abstracts**

**Title:** WWW.HEALTHYTRANSITIONSNY.ORG: CURRICULUM AND INTERACTIVE TOOLS TO FACILITATE HEALTH CARE TRANSITION OF YOUTH WITH DEVELOPMENTAL DISABILITIES

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**Background:** The New York State Institute for Health Transition Training has developed a health care transition curriculum and toolkit for youths with developmental disabilities ages 14-25 years, family caregivers, and healthcare providers ([www.HealthyTransitionsNY.org](http://www.HealthyTransitionsNY.org) ). The poster outlines development and state-wide dissemination strategies for the curriculum and tools.

**Method:** Focus groups prioritized content and guided development of an appropriate and accessible format for the curriculum. Ten health transition skills were identified by this process: 1) Scheduling a medical appointment, 2) Getting health insurance, 3) Deciding about health guardianship, 4) Speaking up at the doctor's office, 5) Learning about one's disability, 6) Managing medications, 7) Keeping a health summary, 8) Looking into service coordination, 9) Setting health goals, 10) Finding out about community resources. Dissemination was accomplished via collaboration with Parent to Parent of New York State, Self Advocates of New York State, Medicaid service coordinators, and a network of family medicine practitioners.

**Results:** The web-based curriculum is presented in a variety of ADA accessible formats, including video and audio and interactive forms. The website also offers Spanish translation. The curriculum can be used for self-study or by groups with a moderator guide. Interactive tools for developing transition skills include a checklist to determine health transition readiness; a goal setter to define roles and set priorities; a search engine for accessing transition-related services; guidelines for health care of adults with developmental disabilities; a transition information form for summarizing medical history; and interactive audio and text templates for rehearsing health care encounters.

**Conclusion:** The curriculum and tools developed by the New York State Institute for Health Transition Training are specific to youth with developmental disabilities. The ADA accessible format includes video vignettes and interactive tools that engage youth and foster explicit collaboration with health care providers.