



5 QUESTIONS that adolescents with IBD have regarding transition of care

1

Is there a difference between “transition of care” and “transfer of care”?

Yes.

Transfer of Care: Occurs at 18 years of age, and is the process of switching from a pediatric to an adult medical specialist.

Transition of Care: The period during your adolescence where you will be prepared to take charge of your health and make well-informed decisions regarding your IBD and overall well-being. It can begin as early as 12 years of age.

2

How do I begin transition of care?

It will be a collaborative process where you will work with your health care team and your parents/caregivers. You will be encouraged to become more involved in your health visits such as learning to track your appointments; asking and answering questions; and voicing concerns. You will be required learn more about your IBD and how to manage it, and for your taking your medications and keeping an eye out for side effects.

3

Will my parents or caregivers be involved?

Your parents and caregivers should be involved in your healthcare as you transition.

Their role will involve:

- Teaching you about your disease
- Encouraging you to speak up and advocate for yourself
- Supervising you for scheduling appointments, taking your medications, requesting prescription refills
- Offer guidance on insurance coverage and making plans for work or college

4

Is pediatric IBD different from adult IBD?

Yes, it is.

Children are more likely to have extensive and aggressive disease with greater involvement of their intestines. They are also at risk for other health conditions such as poor growth, delayed puberty, weak bones (osteoporosis), and psychosocial burdens such as depression, anxiety, bodily dissatisfaction etc.

5

What can I do to ensure a successful transition?

Some steps that you can undertake to help ensure a successful transition:

- Educate yourself about your IBD and be knowledgeable about your medical history
- Do not hesitate to take on a more active role in making your healthcare decisions
- Have a copy of your complete medical record and know how to contact your health team
- Familiarize yourself with reliable and appropriate resources regarding IBD
- Educate your close friends about IBD so they can help you when you are not feeling well
- Advocate for yourself at home, at work and at school
- Be accountable of your health care and health care choices