



Foster Care Youth Transition Planning Timeline

This timeline can help the young adults, foster parents; caseworker and health care provider plan the change from pediatric to adult health care. While a variety of circumstances may affect the actual timing when this change occurs, below is a suggested timeline.

- ★ **2 years before leaving care - Introduce the idea that the transition to health care self management will occur in about 1 to 2 years. Encourage changed responsibility between the young adult and foster parents for:**
 - **Making Appointments**
 - **Refilling prescriptions**
 - **Calling health care providers with questions or problems**
 - **Making insurance claims**
 - **Carrying insurance card**

- ★ **1 year before leaving care:**
 - **Discuss Health insurance issues and encourage youth to review coverage and see if it meets their needs**
 - **Explore new insurance options - Medicaid, college, employer, or health insurance marketplace**
 - **Consider signing youth up for medical case management through Medicaid if youth struggles with controlling their conditions**
 - **Discuss youth's career and education choices in relationship to insurance issues (is it important to them that their future job helps pay for insurance?)**
 - **Review teen's current health status and ask pediatric medical provider for referral to new adult provider**
 - **Gather health information from all medical providers to provide to the new adult medical providers**
 - **Discuss with youth issues of independence, emotional ups and downs, depression, and why or how to seek help with mental health issues**

★ **6 Months before leaving care:**

- Suggest that youth find out the cost of current medications with and without insurance coverage
- Have youth schedule a visit with their new adult provider so the transition of medical records happens before the youth exits care
- Encourage youth to ask their new adult provider how they can stay healthy
- Discuss upcoming changes in living arrangements (e.g., dorms, roommates, and/or living alone) and how this may affect their health

★ **Before Exiting Foster Care:**

- Make sure youth has obtained recent refills of all their prescription medications
- Review and remind them of any health insurance changes
- Help them apply for Medicaid or private insurance.
- Look at ways youth relocating to another state for education or a job may impact insurance coverage
- Have youth transfer medical records to new adult provider if has not happened already
- Review self-care issues for any youth's medical conditions
- Encourage them to consider designating medical power of attorney before they age out of care
- Create a list of important contacts and discuss care of important documents (physicians, therapists, insurance company, Medicaid, pharmacy, immunization records, medicaid card, medical records, contact list, etc.)

Medical Power of Attorney:

The ACA requires that all foster youths' transition plans include information describing the importance of designating a person to make medical treatment decisions in the event that the youth cannot make these decisions and does not have or does not want relatives to make these decisions on his or her behalf

- ★ The transition plan must also include information explaining the options for designating a medical power of attorney.
- ★ These provisions are important because they will encourage youths to consider and identify someone who they want to make their health care decisions in the event that they are incapacitated
- ★ Aging out youth should be provided with a medical power of attorney form by their caseworker
- ★ The youth's doctor is a good resource for helping youth understand medical treatment decisions they need to discuss with their designated POA
- ★ Encourage youth to discuss a medical POA with their doctor well before exiting care or aging out of care so they have time to think about their wishes