

RESOURCES – HEALTH CARE

Care Notebook

- **National Center for Medical Home Implementation** - Health professionals recommend bringing a care notebook to all medical appointments, therapies and even on vacation. Care notebooks are personalized to reflect medical history and current health care information. This website provides resources, including in Spanish, to build a care notebook that best meets an individual's needs.
http://www.medicalhomeinfo.org/for_families/care_notebook/
- **Texas Parent to Parent** - Adopted from the Oklahoma Family Network, Texas Parent to Parent has compiled resources to build care notebooks to keep track of important health care information. <http://www.txp2p.org/resources/CareNotebook.html>

Finding and choosing an adult provider

- **Illinois Chapter of the American Academy of Pediatrics** – offers a number of transition-related handouts and worksheets for families and youth, including tips on how to find an adult provider. <http://illinoisAAP.org/projects/medical-home/transition/resources-for-families/>

Medicaid waivers

- **Department of Aging and Disability Services (DADS) waiver comparison** – chart provides an overview and comparison of the services/supports offered through different Medicaid waiver programs.
http://www.dads.state.tx.us/providers/waiver_comparisons/LTSS-Waivers.pdf

Medical home

- **Department of State Health Services (DSHS) Children with Special Health Care Needs (CSHCN) Services Program** – website offers resources about medical home, parent/youth transition worksheets, transition assessments by developmental age, a listing of transition-related websites, and a downloadable resource brochure. The website also provides a listing of summer camps across the state and information about health care benefits offered by the program.
<http://www.dshs.state.tx.us/cshcn/default.shtm>
- **National Center for Medical Home Implementation** – videos about medical home and transition. http://www.medicalhomeinfo.org/how/care_delivery/transitions.aspx

Navigating insurance/sources of insurance

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<http://www.dshs.state.tx.us/cshcn/default.shtm>

- **Medicaid Buy-In** – a program that offers Medicaid health care services for people with disabilities who work. People pay a monthly fee to receive Medicaid.
<http://www.hhsc.state.tx.us/MBI.shtml>

Portable medical summaries

- **Baylor College of Medicine/Texas Children’s Hospital Transition Planning Tool** – provides over 80 handouts for parents and youth related to transition to adult health care. Some handouts available in Spanish. Contact Baylor College of Medicine/Texas Children’s Hospital at 832-822-0601. <http://bcmfamily.bcm.edu/2014/11/03/new-clinical-tool-helps-with-patient-transition-to-adult-care/>
- **Texas Parent to Parent** – an example of a portable medical summary and a blank template is available on the Texas Parent to Parent website.
[http://www.txp2p.org/resources/library/MedHomeFiles/Portable Medical Summary.pdf](http://www.txp2p.org/resources/library/MedHomeFiles/Portable_Medical_Summary.pdf)

Transition assessments

- **Department of State Health Services (DSHS) Children with Special Health Care Needs (CSHCN) Services Program** – website offers resources about medical home, parent/youth transition worksheets, transition assessments by developmental age, a listing of transition-related websites, and a downloadable resource brochure. The website also provides a listing of summer camps across the state and information about health care benefits offered by the program.
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Transition planning

- **Autism Speaks Transition Toolkit** - a toolkit to assist families of youth with autism as they prepare for the move to adulthood. Topics include self-advocacy, transition plans, community living, employment, education, housing, legal issues, health, and technology. The site also offers state-specific transition timelines.
<https://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit>
- **Got Transition?** – the national center for health care transition. Provides handouts and templates relating to the six core elements of health care transition: transition policy, transition tracking and monitoring, transition readiness, transition planning, transfer of care and transfer completion. <http://gottransition.org/youthfamilies/index.cfm>

Other resources

- **Air Charity Network/Angel Flight South Central** – provides free air transportation for people in need of medical treatment. <http://aircharitynetwork.org/>,
<http://www.angelflightsc.org/>
- **Centers for Disease Control Disability and Health** – provides guidance and resources to people with disabilities about healthy living, safety, assistive technology, school, independent living and finding support.
<http://www.cdc.gov/ncbddd/disabilityandhealth/>
- **Disability.gov’s Guide to Student Transition Planning** – provides resources for students with disabilities including information and links about education, vocational rehabilitation, employment, health care and independent living.
<https://www.disability.gov/resource/disability-govs-guide-student-transition-planning/>

- **Got Transition?** – The national center for health care transition website includes a “Readiness Assessment that identifies steps youth can take to successfully move to the adult health care system, <http://www.gottransition.org/resourceGet.cfm?id=224>, and their “Transition_Quickguide: Take Charge of Planning and Managing Your Own Health and Career Goals” <http://www.gottransition.org/resourceGet.cfm?id=372> is a checklist with information and resources about health insurance coverage, self-care, health care transition, decision-making and career planning and management.
- **Girlshealth.gov** – a website with information for girls age 10 and older. Information and guidance specific to girls with disabilities includes dealing with medical issues, physical health, emotional health, school, relationships, personal safety, living independently and transportation. <http://www.girlshealth.gov/disability/index.html>
- **Healthy Transitions New York** – offers guides, handouts, and videos for youth and families as youth transition to adult health care. <http://healthytransitionsny.org/>
- **Maternal and Child Health Library** – provides resource guides for families on topics including specific conditions and diseases, mental health, adolescent health, and more. A project of Georgetown University. <http://ncemch.org/evidence/NPM-12-transition.php>
- **Navigate Life Texas**- a website created by parent of children, youth and young adults with disabilities and special health care needs for parents. The site offers comprehensive information in English and Spanish for youth, families, professionals, advocates and others including dedicated pages with resources on transition. <https://www.navigatelifetexas.org/en>
- **Texas Parent to Parent** – offers “how to” manuals on housing and work, information about transition action groups, advocacy workshops and weekly advocacy phone discussions for parents and youth, and much more. <http://txp2p.org/>
- **University of Montana Rural Institute** – provides webinars for youth and families related to education, vocational rehabilitation, housing, health care, and more. <http://ruralinstitute.umt.edu/transition/default.asp>

Send comments or report broken links by e-mail to [CSHCN Services Program](#).