

Application Form

Your Name _____
 Male___ Female___ Date of Birth_____

Home Address _____

Home Phone (_____) _____

Cell Phone (_____) _____

E-Mail Address _____

In addition to you, is there an adult family member registering for the workshop series?

Yes___ No___

If yes, who will come with you (e.g. mother, grandfather, aunt, etc.):

Do you need any accommodations?

Yes_____ No_____

If yes, please check the accommodations that you need and attach any additional details.

_____ Large Print
 _____ Interpreter
 _____ Other:_____

If you have any food restrictions please list them here:

Please return this application and a check payable to the University of Delaware to:

**Healthy Transitions
 Center for Disabilities Studies
 University of Delaware
 461 Wyoming Road
 Newark, DE 19716
 or Fax to (302) 831- 4690**

**For more information, please contact:
 Terri Hancharick at (302) 831- 8374**

Center for Disabilities Studies

The Center for Disabilities Studies works to enhance the lives of individuals and families in Delaware through education, prevention, service, and research related to disabilities.



Delaware Family Voices/ Family to Family Healthy Information Center

Family to Family is a network of families and advocates assisting families of children and adolescents with disabilities and special health care needs.



Division of Transition of Care, Alfred I. duPont Hospital for Children/Nemours

The Division of Transition of Care is an effort to ease the transition from pediatric- to adult-oriented health care for patients with special health care needs.



This workshop series is funded with the generous support of the *Delaware Foundation Reaching Citizens with Intellectual disABILITIES, DFRC, Inc.*



Healthy Transitions



A Workshop Series on Medical Transition for Youth, Young Adults and their Family Members

Healthy Transitions

Healthy Transitions is a workshop series that prepares adolescents and young adults (ages 14-30) for the transition from the pediatric to the adult healthcare system. Through three training sessions, adolescents and young adults will learn about the transition process and how to take responsibility for their health.

Family members will learn how they can support the adolescent/young adult in the transition process.

Youth and family members will meet separately to ensure the best learning environment for each group. Youth and family members will come together at the end of each session to discuss what they have learned.



Workshop Series

Healthy Transitions sessions will be offered once a week for three consecutive weeks.

Tuesday, November 3, 2009:
General Transition Issues

Tuesday, November 10, 2009:
Insurance Issues

Tuesday, November 17, 2009:
Healthy Lifestyles

Each class will run from 6:00pm-8:00pm.

Sessions will take place at the Center for Disabilities Studies at the University of Delaware.

A light dinner will be served at the beginning of each session, followed by desserts at the end of each session.

Cost for all three sessions is \$9.00 **per person**. Please include a check made out to the University of Delaware with your application. If the fee presents a financial hardship, please contact us at (302) 831-8374 to discuss the possibility of a reduced or waived fee.

Sessions

Session 1: General Transition Issues
This session will provide information on the transition process from pediatric to adult health care providers. We will provide you with a timeline to show you what you should be doing at specific ages. For family members, we will discuss their involvement and responsibilities as the adolescent grows into adulthood.

Session 2: Insurance Issues
This session will focus on helping you understand what will change for you and your insurance when you are an adult, what you are entitled to, and how to ask for it and get it. Family members will learn about the changes in insurance status and different options for insurance.

Session 3: Healthy Lifestyles
In this class you will learn what it means to be healthy and why it is important to take care of your health. Family members will learn how they can support you in leading a healthy lifestyle.

