

Transition of Care Monthly Seminar Series

October 2011 – May 2012



Transition Monthly Seminar Series October 2011 – May 2012

6:30 p.m. – 8 p.m. | Seminars held in Classrooms 2 & 3 at the Hospital (unless otherwise noted*)
Learn about changes in services and supports that occur as teens move into adulthood.

- | | |
|-------------------------|---|
| October 5, 2011 | HEALTH CARE NOTEBOOKS and HEALTH HISTORY TOOLS
How to keep track of your entire medical history and needs |
| November 2, 2011 | INCREASING SELF-MANAGEMENT & EMPOWERING YOUNG ADULTS WITH SPECIAL HEALTH CARE NEEDS
Strategies for empowering young adults to actively participate in their own health care |
| December 7, 2011 | ESTATE PLANNING/LEGAL OPTIONS
Planning for the future and what happens after you turn 18
(*Classrooms 1 and 3) |
| January 4, 2012 | EDUCATION/VOCATIONAL OPTIONS
Where will you spend time after school is finished? |
| February 1, 2012 | RESIDENTIAL OPTIONS
Where will you live after you're done school? |
| March 7, 2012 | FINANCIAL AND INSURANCE CONSIDERATIONS
Are you eligible for financial supports? Will your insurance change? |
| April 4, 2012 | PSYCHOLOGICAL STRATEGIES DURING TRANSITIONS
Helping patients and families cope with the stress and anxiety of transition |
| May 9, 2012 | ADULT HEALTH CARE REALITIES
How will adult health care be different and how can you prepare for these changes? |

Registration is not required, but is preferred.
Please call Cory Nourie at (302) 651-4812 or email cnourie@nemours.org to register. This seminar is free to patients and their families, thanks to a grant from the New York Mid Atlantic Consortium for Genetics and Newborn Screening Services.

