

# TRANSITION TO ADULT HEALTHCARE

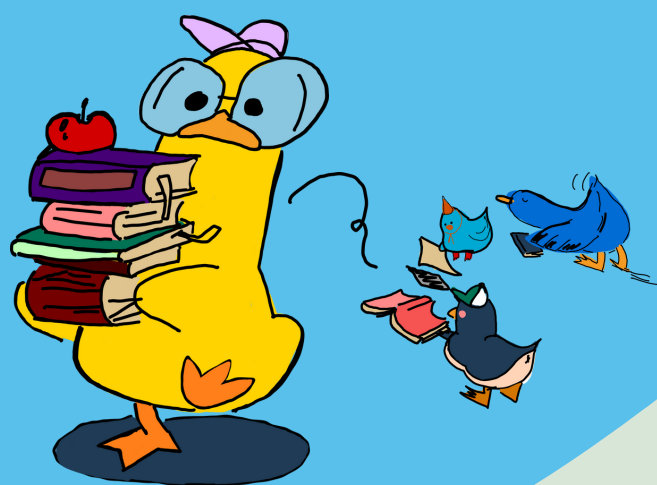
## HEALTHCARE PROVIDER INTERVIEW FINDINGS

The goal of this research project was to explore the experience of transition from pediatric to adult care for youth, caregivers, and healthcare providers in Nova Scotia. We interviewed 26 healthcare providers to identify the barriers and facilitators to the transition from pediatric to adult care.

# 1

## KNOWLEDGE AND SKILLS TO SUPPORT TRANSITION OF CARE

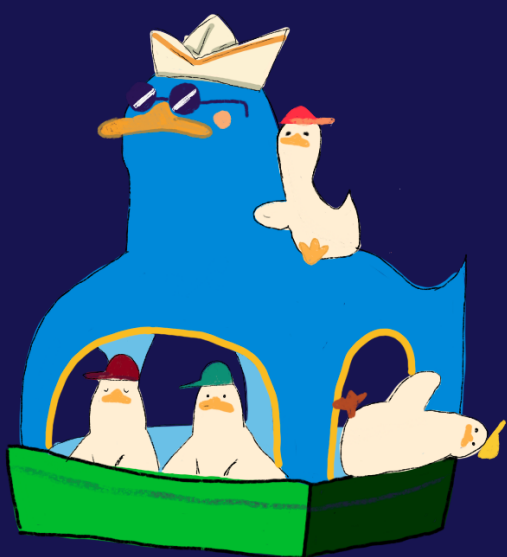
Healthcare providers use a wide range of **knowledge and skills** to support the transition of care; most do not receive formal training on the transition process.



## NAVIGATOR ROLE FOR YOUTH AND CAREGIVERS

# 2

Healthcare providers need to have a **trusting relationship** with youth and caregivers. They described their primary role as a **navigator for youth and caregivers** as they shift responsibilities through the transition process.



# 3

## HEALTH SYSTEM COORDINATION

Healthcare providers highlighted **several barriers and facilitators** within the health system, outlining the culture of collaboration with **multi-disciplinary teams** and **primary care** that supports the transition.



## CONCLUSION

Our study **findings show what helps** make the transition from pediatric to adult care easier. These findings will be used to inform the **planning** of programs to **improve the transition to adult healthcare** in Nova Scotia.