

TRANSITION TO ADULT HEALTHCARE

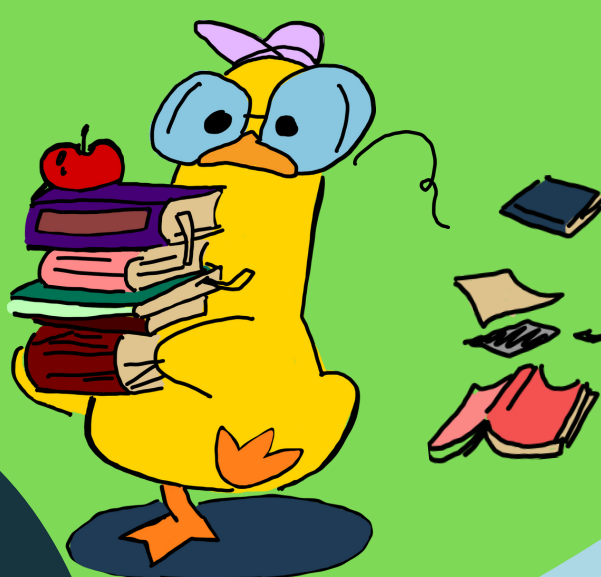
YOUTH INTERVIEW FINDINGS

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 **nine youth** on their experience with the **transition from pediatric to adult care**.

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HEALTH LITERACY TO SUPPORT THE TRANSITION PROCESS

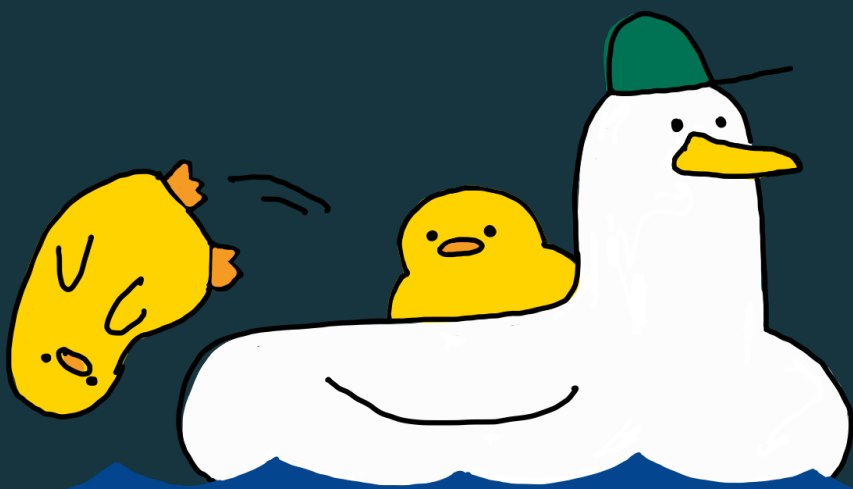
Youth **develop knowledge** regarding their health in both their condition and about the transition process to make the transition to adult care easier.



READINESS FOR INDEPENDENCE

With support from caregivers and healthcare providers, youth become more independent and **manage their own care**.

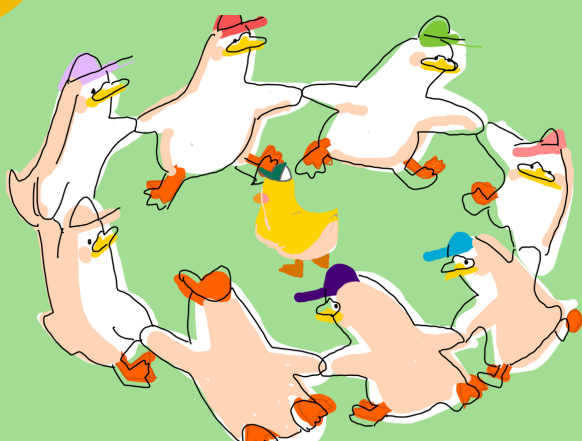
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3

HEALTH SYSTEM COORDINATION

Youth want a health system where the pediatric and adult care providers **work together** to support the transition process.



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**.