

TRANSITION TO ADULT HEALTHCARE

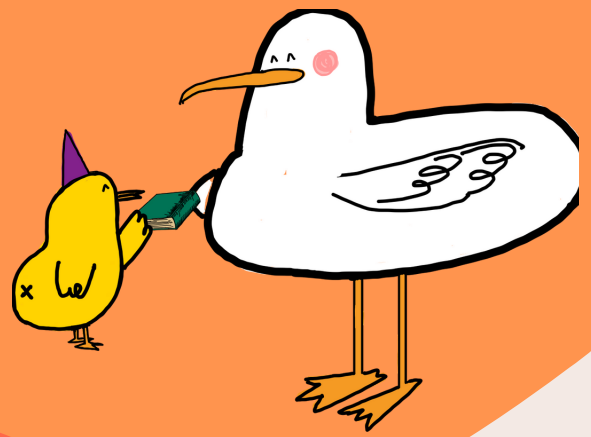
CAREGIVER INTERVIEW FINDINGS

The goal of this research project was to explore the experience of moving from the IWK to adult care for youth, caregivers, and healthcare providers in Nova Scotia. We interviewed eight caregivers on their experience with the transition from pediatric to adult care.

1

CAREGIVERS PLAY A SUPPORTING ROLE IN DEVELOPING YOUTH'S HEALTH LITERACY

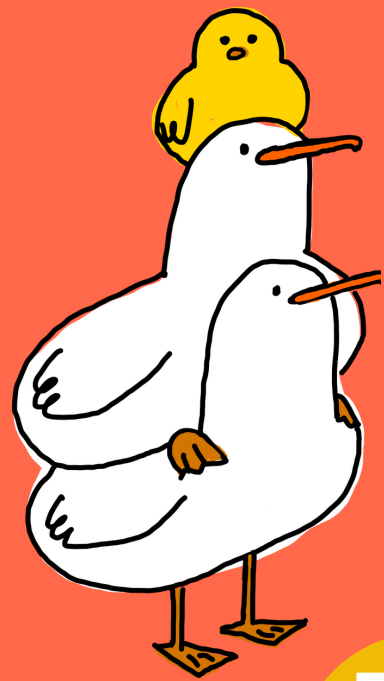
Caregivers helped facilitate the **development of youth health literacy** by preparing their children for the transition through support and teaching



CHANGING RESPONSIBILITIES AND SUPPORTING GREATER INDEPENDENCE

2

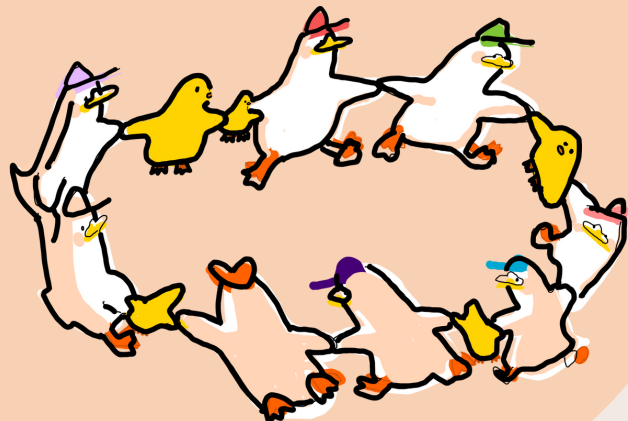
Caregivers have to **shift their responsibilities** from primary caregiver to more of a supporting role for youth to gain independence.



3

HEALTHCARE SYSTEM COORDINATION

Caregivers **navigate** the differences in how adult and pediatric care is organized to support their youth's 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 health care in Nova Scotia.**



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