

# TRANSITION TO ADULT HEALTHCARE

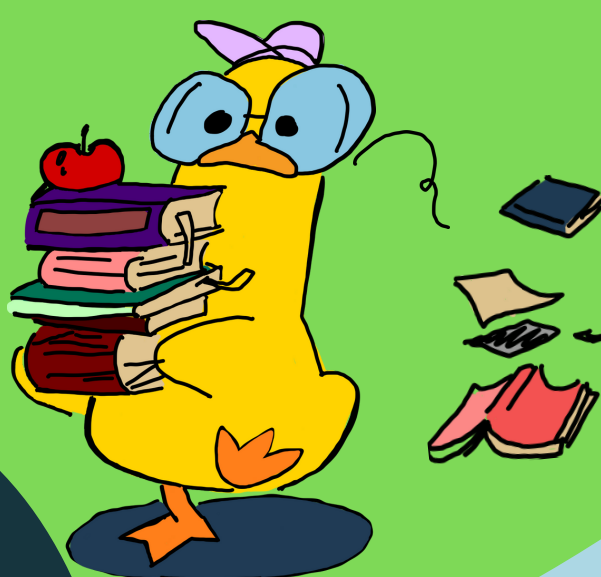
## YOUTH INTERVIEW FINDINGS

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**.

# 1

## HEALTH LITERACY TO SUPPORT THE TRANSITION PROCESS

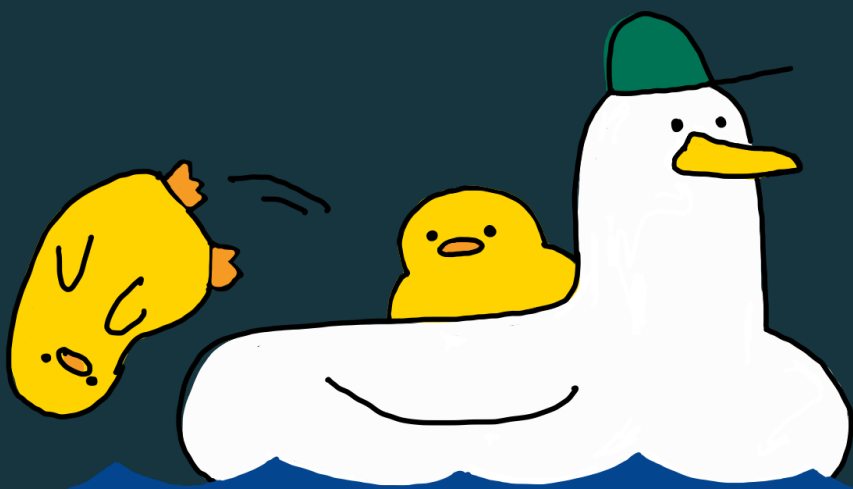
Youth **develop knowledge** regarding their health in both their condition and about the transition process to make the transition to adult care easier.



## READINESS FOR INDEPENDENCE

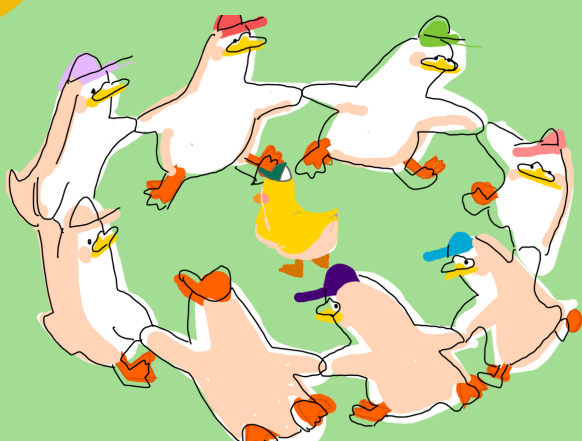
With support from caregivers and healthcare providers, youth become more independent and **manage their own care**.

# 2



# 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 health care** in Nova Scotia.