Families who have children with special health care needs can be overwhelmed by navigating the complex process of transitioning from pediatric to adult-based care.
Technology such as mobile devices can empower families to:

- Begin planning early
- Ask the right questions
- Access resources to make this transition easier

Because 95% of teens have access to a smartphone and digital content appeals to children and young adults, mobile devices and apps can engage and encourage young adults to participate more fully in their own transition to adulthood.
BridgingApps, in collaboration with Texas Children’s Hospital, has created an online tool to help Texas families who have children with special health care needs transition to adulthood successfully.
What is Texas Youth 2 Adult?

• Interactive website designed to help families of children with special health care needs navigate the challenges of the educational and health care systems as their loved one transitions from childhood to adulthood.

• Transition planning should start…
  ❖ At age 10 for children with a vision impairment
  ❖ At age 12 for those with Autism
  ❖ At age 14 for all other disabilities

• Created with the input of teens, young adults, parents, caregivers, and healthcare professionals.

• All families should have the tools to plan, ask the right questions, and organize information to make the transition to adulthood successfully.
The information in TY2A is organized into 7 main categories of transition:

- **Medical**: Get more information regarding your healthcare transition needs.
- **Education**: Learn what you need to be thinking about for your education needs.
- **Social and Recreational**: Learn about social and recreational concerns in regards to transition.
- **Legal and Advocacy**: Get help preparing for your legal needs as you transition to adulthood.
- **Financial Management**: Prepare for your financial needs as you get ready to transition.
- **Independent Living**: Learn what it takes to live on your own as you transition to adulthood.
- **Employment**: Find employment resources that will help you maintain a job when you transition.
Medical

Get more information regarding your healthcare transition needs.

10 Tips for a Successful Medical Transition
By: Baylor College of Medicine and Texas Children's Hospital
Samuel Garcia, LMSW, LCDC Tiffany Castanell, LMSW
Baylor College of Medicine, Texas Children’s Hospital Transition Medicine Clinic

Medicaid Waiver Programs
There are multiple Medicaid Waiver programs, each with their own qualifying criteria, interests lists, and budgets.

Making My Own Choices
Choosing a Medicaid Waiver Provider
Helpful Tips in Making a Good Match with Your Home and Community-Based Services (HCBS) Provider.
TELL US ABOUT YOURSELF

Answer 3 simple questions to get personalized information to help your transition to adulthood.

GET STARTED NOW  LOGIN
Who are you helping?

- MYSELF
- SOMEONE ELSE

How old is the person you are helping?

NEXT
What diagnoses or disabilities would you like to learn about?

- ADHD/ADD/Learning Disabilities
- Brain Injury
- Deaf/Hard of Hearing
- Intellectual/Cognitive Disabilities
- Multiple Disabilities/Genetic Disorder
- Autism Spectrum Disorders
- Cerebral Palsy
- Developmental Delay/Disabilities
- Medically Fragile
- Physically Limited/Wheelchair User
- Blind/Visual Impairment
- Chronic Illness
- Down Syndrome
- Mental Health/Illness
- Speech Disorder and Language Impairment

If you don’t see a condition that relates to you, continue on and click the "Next" button, then click the magnifying glass at the top of the next page to search by keyword.
Suggested Tasks Lists:

Once you have created a free account and answered 3 simple questions, you will see a timeline organized around age groups of 10-21.

When clicked, the timeline has checklists of suggested things to do (for the adult caregiver and for the child) when a child is that age. Consider these expert created lists as a guide for asking the right questions so that important deadlines are not missed.
10 to 11 Year Old Transition List for Adults

Things to do for your child during this time period

**Employment**

Assign your child simple chores he/she can do around the house. Talk about your job.

**Employment**

Talk with your child about different types of work people are doing while out in the community.

**Social**

Develop self care and daily living skills and routines. Set up a daily routine for your child.
We believe that it is more important to focus on the person who will be using the technology, rather than the device itself.
BridgingApps for Transition and Employment
1. Medical
2. Education
3. Social and Recreational
4. Legal and Advocacy
5. Financial Management
6. Independent Living
7. Employment
SnapType Pro

$4.99
Android and iOS

• Using the camera on your device, allows you to take a picture of a worksheet and then type onto the worksheet

• The pro version allows you to use the drawing feature so that children can write the answer or draw lines to connect answers

• Free version only allows you to store 3 documents, both allow you to make folders to organize documents

• Click here for the full BridgingApps Review
Notes

*Free App that comes preloaded on Apple iOS devices

- Notes is a great way to jot down notes on a daily basis and it is included on all Apple devices. Jot down notes
- Notes sync across all devices
- Create custom notes, organize them in file folders, add checklists, pictures, maps, attachments and more. Ability to scan business cards and documents
- Excellent app for families and students who may be transitioning from high school to college or the work force.
- Click here for the full BridgingApps Review
Scanner Pro

$3.99
Android and iOS

• Use your phone's camera to scan documents, pictures, receipts, and even business cards -- turning your device into a mobile scanner.

• Set up folders within the app to easily keep scanned items organized. Integrated with iCloud so have all your documents at your fingertips by signing in to iCloud.

• Click here for the full BridgingApps Review
Cozi Family Planner App
Scheduling, recipe box, meal planner, shopping & to do lists, more

*Free App but premium available for iOS, Android, and web

- Family-planning app that allows families or individuals to easily organize their calendar, lists, recipes and more all in one place.

- The app is free to download and users are prompted to create an account when they open it for the first time.

- Click here for the full BridgingApps Review
Doctor on Demand is a virtual visit with a team of healthcare providers, some of them might even be local to your area. This service gives you access to medical doctors practically everyday of the year with one set fee for medical visits. The cost is similar to a standard copay, but they may take your insurance as well.

- Keep and organize medical records from visits
- Watch an overview here
- Click here for the full BridgingApps Review
For more information, contact us at BridgingApps@eastersealshouston.org