

For Parents of Youth with Special Health Needs

Ages 13 - 18

It's a **BIG CHANGE** for everyone when a youth with special health needs turns 18. Don't wait until the last minute to plan for your son or daughter's health care **TRANSITION**.

Call the Oregon F2F HIC for coaching on this important transition. We can help with:

- Understanding the changing roles of parents, providers, and youth
- Starting the search for primary and specialty care providers that treat young adults
- Starting the transition away from the pediatrician and into the adult setting
- Understanding differences in the pediatric and adult systems
- Insurance coaching
- Getting tools and tips for your youth, too! (videos, checklists, and more!)

Also: Attend an OR F2F HIC training on Health Care Transition.

Contact us for information on upcoming sessions.

1-855-323-6744

503-931-8930 (Spanish)

www.oregonfamilytofamily.org

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