



**Transition 101:**

**The Importance of Transition Planning and Approach for Pediatric to Adult Healthcare**



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**Disclosure**

I have no actual or potential conflict of interest in relation to any product or service mentioned in this program or presentation.



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**Learning Objectives**

**At the end of this presentation, you should:**

- Have an awareness of the impacts of disabilities within the community and healthcare
- Understand the importance of transition planning and when to start
- Understand how to support our UHC C&S membership
- Understand the timeline and approach for transitioning from Pediatric to Adult Healthcare and none healthcare considerations
- Know how to access valuable transitional resources and supports within and outside of UHC for your members



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## Knowledge Check #1



Per the Center for Disease Control (CDC) how many adults in the United States live with a disability?

1. 14 million
2. 70 million
3. 32 million
4. 61 million

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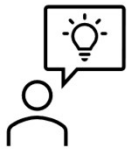
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## Knowledge Check #2



When should a parent or caregiver start thinking about Transition Planning for adult care and management?

1. One month prior to 21<sup>st</sup> Bday
2. As soon as diagnosis, need or determination of special care circumstances is identified
3. After the 5<sup>th</sup> Bday
4. By the 18<sup>th</sup> Bday

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## Knowledge Check #3



It is only the responsibility of the transition specialist to provide support with transition planning for any of our membership in United HealthCare?

- True
- False

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### Disability Impacts ALL of US...

- Understanding that disabilities impact us all within our communities, within healthcare, and having access to all necessary resources.
- The Center for Disease Control and Prevention notes, “61 million adults in the United States live with a disability” which accounts for 1 in 4 adults having some type of disability.
- Supporting alignment with our UHC Mission of, “Helping People Live Healthier Lives” we must empower our membership in being proactive in their healthcare journey.

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### Disabilities and Communities

- Especially common in these groups:
  - ❖ 2 in 5 adults age 65 years and older have a disability
  - ❖ 1 in 4 women have a disability
  - ❖ 2 in 5 Non-Hispanic American Indians/Alaska Natives have a disability

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### Disability and Health

- Adults living with disabilities are more likely to:

	With Disabilities	Without Disabilities
Have Obesity	38.2%	26.2%
Smoke	28.2%	13.4%
Have Heart Disease	11.5%	3.8%
Have Diabetes	16.3%	7.2%

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### Disability and Healthcare Access

- Healthcare access barriers for working-age adults include:
  - ❖ 1 in 3 adults with disabilities do NOT have a usual healthcare provider
  - ❖ 1 in 3 adults with disabilities have an UNMET healthcare need because of cost in the past year
  - ❖ 1 in 4 adults with disabilities did NOT have a routine check-up in the past year

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### Why is this information important?

- Digging into that data helps us understand and see the gap between those with a disability and everyday life when it comes to their healthcare journey.
- How can *empowering the parents/caregivers* of our pediatric population support the transition of those members into the adult world?
- What does that *transition look like*?
- Knowing and educating on the *transitional timeline*.
- What *Medicaid healthcare options* are available and what are the qualifications?

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### Empowerment of Parents and Caregivers

- The National Parent Center on Transition and Employment (Pacer.org) shares that, "Positive Parent Involvement Can Support Self-Determination".
- "Self-determination and self-advocacy skills need *to be built, not assumed*"
- Transition planning is something we *all* play a role in at UHC and assisting our parents/caregivers in being aware of their role change for their child is imperative.
  - Role Change:
    - ❖ Decision-maker → Advisor
    - ❖ Driver's seat → Passenger's Seat
    - ❖ Boss → Consultant
    - ❖ Head Coach → Sideline Coach
- Most importantly, making the switch from:
  - ❖ Planning, communicating, and advocating *FOR child* → Planning, communicating, and advocating *WITH*

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## Guardianship and Support Options

**Release of Information (ROI):**

- Allows the member to grant another individual (parent/caregiver/other support) who is not a healthcare provider or healthcare insurance company access to protected health information (PHI) and to make decisions on their behalf.
- Must be completed annually and may be revoked at any time

**Supported Decision Making Agreement:**

- Parent/caregiver cannot make decisions for the person.
- Parent/caregiver CAN help them to understand the options, responsibilities, and consequences of their decisions.
- Obtain and understand information relevant to their decision.
- Communicate their decisions to appropriate people.
- Simple form; no lawyer needed.

**Power of Attorney:**

- Document giving another person the legal authority to act on his/her behalf, such as financial, educational, and health care matters.
- Member must appoint someone to make decisions for them in an event they are not able to.
- Member may revoke this authority at any time.
- Simple form; no lawyer needed.

**Guardianship:**

- Parent/caregiver must petition the court to become the legal guardian of a person at or after they turn 18 years old.
- This empowers parent/caregiver to make decisions for an incapacitated person.
- Parent/caregiver will need to hire a special needs attorney.
- Many Costs: attend a class; pay attorney; court fees; complete yearly recertification.



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## Educational Considerations

- It is on an Individualized Education Plan (IEP)/Admission, Review, Dismissal (ARD) decision for a student to qualify for a school-based 18+ program.
- Members who attend college/trade school must qualify on their own merit (IEPs are not valid in the higher education setting).
- Texas Workforce Solutions supports people with disabilities to prepare for, obtain, maintain and advance in meaningful employment.
- Members who work will not be disqualified from receiving SSI payments.



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## Financial Resources:

**Estate Planning:**

- Highly recommend obtaining an attorney with experience/license to work with special needs population.
- Financial management to enable a person with a disability to accumulate funds and remain eligible for Medicaid.

**Special Needs Trust:**


- Protects assets, so none are in the member's name.

**Master Pooled Trust:**

- This is a special needs trust managed by The Arc of Texas with the approval from the Social Security Administration and the Texas Health and Human Services Commission.
- The goal is to provide financial security to all people with disabilities, and thus a higher quality of life, knowing that their public benefits are safeguarded.

**Achieving a Better Life Experience (ABLE) Act:**

- Tax advantage saving account for people with qualified disabilities.
- It is an account that does not affect SSI/Medicaid eligibility.



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**Content Questions**

1. Whose responsibility is it to assist a member in obtaining an adult PCP?

- A.) Transition Specialist
- B.) Service Coordinator
- C.) Member Services
- D.) All of the above

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**Content Questions**

2. No matter the age of their child, a LAR may always speak for them and make decisions for them.

- A.) True
- B.) False

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**Content Questions**

3. Which are examples of self-advocacy?

- A.) MCO shares healthcare status with others.
- B.) LAR let's others know what the member likes.
- C.) Member understands and shares with others their basic life and independent living skills (as age appropriate).
- D.) All above

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**Content Questions**

4. When should a member apply for the Waiver Interest List?

- A.) At age 20.
- B.) At age 18.
- C.) As soon as they receive an eligible diagnosis.
- D.) When they start to school.

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**Content Questions**

5. If a LAR is the Medicaid Payee for the member, they do not need a Release of Information (ROI) to speak with someone from UHC.

- A.) True
- B.) False

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**Content Questions**

6. If a member receives Private Duty Nursing (PDN) services through STAR Kids, they will automatically be eligible for PDN services through STAR Plus adult services.

- A.) True
- B.) False

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### Content Questions

7. Maximus will send information for a member choose their adult MCO...

- A.) When the member turns 18.
- B.) When the member turns 20.6 months.
- C.) 30 days prior to the member's 21<sup>st</sup> birthday.
- D.) B or C-depending on the members eligibility.

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### Case Scenario

- 20 yr old and 9 mos male, Spanish speaking with complex cancer diagnosis involving male reproductive organs and almost total involvement of the digestive organs
- Non-compliant on treatments, MD visits, SC engagement touchpoints and medications
- Unable to list any natural or community supports/resources that are utilized/available
- No ROI on file for communicating with previously engaged mother (LAR)
- Communicated continued pain and multiple ER visits when SC successfully engaged member
- No established adult oncology provider or primary care provider
- No stable living environment
- Review of claims shows poor long-term prognosis due to non-compliance of early intervention

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### Resources and References:

- > [Got Transition?](#)
- > [Texas Parent to Parent Home | Texas Parent to Parent \(txp2p.org\)](#)
- > [Resources & Services for Families & Parents of Children with Disabilities or Special Health-Care Needs in Texas | Navigate Life Texas](#)
- > [www.person-centered-practices.org](#)
- > [Person-Centered Planning - National Parent Center on Transition and Employment \(pacer.org\)](#)
- > [Special Education Transition: Transition Assessments, Services, and Plans - Wrightslaw](#)
- > [Home | Texas Project FIRST](#)
- > [Home | Think College](#)
- > [Help for Texans: Where Do I Call to Get HHS Services? \(texas.gov\)](#) (to find your Local Intellectual and Developmental Disability Authority (LIDDA))
- > [Texas Health and Human Services](#)
- > [Your Texas Benefits - Learn](#)
- > [Benefits for People with Disabilities \(ssa.gov\)](#)
- > [Texas ABLE | Savings Program for Texans with Disabilities](#)
- > [Disability Impacts All of Us Infographic | CDC](#)
- > <https://www.thearcoftexas.org/trust/#home>
- > [Home - ABLE National Resource Center \(ablenrc.org\)](#)
- > [Texas Council for Developmental Disabilities - TCDD](#)
- > [Disability Rights Texas - Disability Rights Texas \(disabilityrightstx.org\)](#)
- > [Health Insurance Premium Payment \(HIPP\) Program | Texas Health and Human Services](#)



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