



Transitioning to Adult Care: Engaging in Wellness Behaviors

Dear Patient and Family,

Learning how to manage your health and wellness is key to transitioning to adult care (or health care transition). It is important to practice wellness behaviors daily and care for your health. This guide includes tools to help you and your family learn about wellness behaviors like following your medical plan, taking medicines as prescribed, caring for your mental health, and other healthy habits for sleep, eating, physical activity, and stress.

Your Children's Health Care Team wants you to be ready and are here to help you make the transition to adult care. Talk with us if you have any questions.

Sincerely,

Children's Health

Skills for Engaging in Wellness Behaviors

As you continue to manage your health condition, talk to your health care team, parents, or caregivers about wellness behaviors. Below are skills and tips to help you practice wellness behaviors.

Skills to Practice

- **Learn the reasons for following your recommended medical plan, including taking medicines as prescribed.**
 - Talk to your health care team, parents, or caregivers about the importance of following your medical plan.
 - Learn why your medicines must be taken and the importance of taking them.
- **Know your medication adherence plan and how you remember to take medicines.**
 - Learn about your medical plan and why it is important to take your medicines.
 - Talk with your health care team, parents or caregivers about tips and strategies for staying adherent.
 - Try using your smart device to remember to take your medicine on time and avoid missing a dose.
- **Learn about factors or situations that may prevent you from adhering to your medical plan.**
 - Ask your health care team for help to spot these factors and situations.
 - Talk with them about ways and tips to stick to the medical plan and recommendations.
- **Learn about the benefits of a healthy eating, physical activity, and sleep.**
 - Ask your health care team about eating healthy, what type of physical activity you can do, and how much sleep you should be getting.
 - Try to add these to your daily routines.
- **Learn about the risks of alcohol, drugs, and tobacco.**
 - Ask your health care team about how alcohol, drugs, and tobacco affect your health condition.
- **Learn when mental health care support is needed and how to access services.**
 - Talk with your health care team about your mental health needs and how to access mental health care.
 - This could include learning how to manage stress, anxiety, and when to ask for help.

Skills for Engaging in Wellness Behaviors (continued)

- **Learn the risk of sexually transmitted infections (STI's) and the effects it can have on your health.**
 - Ask your health care team how STI could affect your health condition.
- **Learn other disease specific wellness behaviors.**
 - Ask your health care team about other wellness behaviors that could help you stay healthy.

Tips to Remember Your Medicine

Part of wellness is following a medical plan and recommendations from your health care team. Following this plan and these recommendations is called adherence. It is important to be adherent to medical plan and recommendations to be healthy as possible.

- **Learn about your medical plan and recommendations your health care team has for you. This includes taking medicines as prescribed.**
 - Ask your health care team about recommendations for you and why these are important.
 - Talk to your health care team about what happens if you are not adherent to your medical plan, recommendations, and taking your medicines.
- **Develop a plan to remember your medicine each day.**
 - Work with your health care team, parents, or caregivers to create a plan that works for you.
 - Describe the plan to your health care team.
- **Identify factors or situations that make it more difficult to adhere to your medical plan, recommendations from your health care team, and remember to take your medicines.**
 - Think about times you forgot or almost forgot to follow medical recommendations and take your medicine.
 - Talk to your health care team, parents or
 - caregivers about tips to help stay adherent during these times
 - Keep a log of when and how you take your medicine. Reference your log to see how well you are doing in taking your medicine as prescribed.
- **To help you remember follow your medical plan, recommendations, and medicine:**
 - Set an alarm or reminder on your phone.
 - Use apps to help you track your health and taking your medicine.
 - Use pill boxes to help organize your medicine.

Using Smart Devices to Manage Your Health

Smart devices and technology can help manage your health, organize your medicines, and save important information about your health. Use the apps below to get started.

- **Calendar App**
 - Place scheduled visits with your health care team, labs, and when it's time your medicine refills.
 - List your symptoms and track how you are feeling on certain days.
 - Enter the amount of medicine, days, and times when taken.
- **Notes App**
 - List information and details about your health condition.
 - List your medicines and amount taken.
 - Add questions to ask your health care team at your next visit.
 - List your goals and future plans for school or work.
 - Outline your emergency and transportation plans.
- **Contacts**
 - Enter names, phone numbers, and addresses of your health care team to schedule visits.
 - Enter names, phone numbers, and addresses of your pharmacy for medicine refills.
- **Alarm Clock**
 - Set alarms as reminders to take medicine at certain times.
 - Set an alarm to remind you of your scheduled visits.
- **Reminder App**
 - Remind you when it is time to take medicines.
 - Create a checklist of things to do before your next scheduled visit.

Other apps can be used or downloaded to help you manage your health such as the health app on your phone, patient portal (Epic MyChart), healthcare passports, medication management, schedules, and lists.

Remember to:

- Add alerts and sounds for your calendar and alarms.
- Keep information on your phone protected with a password.
- Ask your health care team for help for using apps.

Wellness Behaviors

Wellness behaviors are an important to managing your health condition. These behaviors help you stay as healthy as possible as you care for your health condition. Below are tips to help with wellness.

- **Healthy eating**

- Talk to your health care team about the benefits of healthy eating.
- Eat foods that includes grains, vegetables, fruits, dairy, and protein.
- Decrease the amount of sugar per day including sugary drinks.
- Drink water throughout the day to stay hydrated.
- Ask your health care team if there are any foods or drink you should not eat because of your health condition.

- **Physical activity**

- Talk to your health care team about which exercises are right for you.
- Aim for 30-60 minutes of physical activity every day. You can break up activity throughout the day and don't have to do it all at once.
- Include activities that are both indoor and outdoor.
- Choose activities you enjoy.
- Track your physical activity on an app.

- **Sleep habits**

- Talk to your health care team about how many hours of sleep you should be getting every night.
- Keep your bedroom dark and quiet.
- Avoid caffeine (coffee, tea, soda, energy drinks) a few hours before bed.
- Make your bedroom a tech-free zone (no cell phones, iPads, game devices, TV).
- Go to bed at the same time every night.

- **Mental health**

- Caring for your mental health and wellness is just as important as caring for your physical health.
- Stress is the body's automatic response to any an event resulting in frustration and/or nervousness Anxiety is the feeling of fear, worry, or unease and can be a reaction to stress.
- Identify things that cause you stress and anxiety.
- Ways to help manage stress and anxiety can include:
 - Breathing exercises
 - Go for a walk, or run (exercise)
 - Talk with family, friends, or others who support you
 - Journal or write it down
 - Listen to music
 - Watch your favorite show or movie
 - Mindful meditation

Wellness Behaviors (continued)

- Talk to your health care team about ways to help care for your mental health and if you need more support. Ask for more resources for mental health and wellness.
- **Healthy relationships**
 - Build a network of friends and family that support you.
 - Share necessary information about your health with those you trust and who will not share your private information with others without your permission.
 - Talk to your health care team, parents and caregivers about unhealthy relationships and bullying.
- **Other healthy behaviors**
 - Learn how alcohol, drugs or tobacco can affect you because of your health condition or the medicine you take.
 - Learn how sexually transmitted infections (STI's) affect your health.
 - Talk to your health care team for more information about these risks and any other wellness behaviors specific to your health condition.

Transition Tips for Parents and Caregivers Engaging in Wellness Behaviors

Begin talking to your teen about the importance of wellness behaviors. Below are tips to support your teen manage their wellness behaviors.

- **Knowing the reason for following medical advice, including taking medicines as prescribed.**
 - Talk to your teen about the importance of following their medical plan.
 - Help your teen understand why they must take their medicines and the importance of taking them.
- **Knowing the medication adherence plan and how to remember to take medicines.**
 - Help your teen learn about their medical plan and why it is important to take their medications.
 - Talk to your teen about tips and strategies for staying adherent.
 - Encourage your teen to set alarms on their smart devices to remind when it's time to take their medications and avoid missing a dose.
- **Learning about the factors or situations that may prevent your teen from adhering to their medical plan.**
 - Talk to your teen about factors or situations that could cause them to not adhere to their medical plan.
 - Provide guidance and tips to help them adhere to their medical plan.
- **Learning the benefits of a healthy diet (including special dietary needs), exercise and sleep.**
 - Talk to your teen about eating healthy, the benefits of exercising daily, and getting enough sleep.
 - Help your teen add these to their daily routines.
- **Learning about the risks of alcohol, drugs, and tobacco.**
 - Talk to your teen about the effects of drugs, alcohol, and tobacco may have on their health condition.
- **Learning when mental health support is needed and how to access services.**
 - Talk with your teen about the importance of mental health care and how to access this care as needed.
 - Talk with your teen about how to manage stress, anxiety, and when to ask for help.

Transition Tips for Parents and Caregivers Engaging in Wellness Behaviors

- **Learning the risk of sexually transmitted infections (STI) and the effects it can have on your teen's health.**
 - Talk with your teen about how STI could affect their health condition and have them talk with their health care team.
- **Learning other disease specific wellness behaviors.**
 - Talk to your teen about other wellness behaviors that could help them stay healthy.



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