

## What else should I know about the TransitionsInAction Clinic?

The Clinic runs from approximately 8:15 am until 4 p.m. and includes interviews, assessments, discussions and activities with a variety of personnel including medical, education, rehabilitation, and adult service providers. This Clinic also provides opportunities for graduate, doctoral, and medical students to gain knowledge of the transition process.

## What's Next?

If you are interested in the **TransitionsInAction** Clinic or have questions, please contact [cd@usd.edu](mailto:cd@usd.edu) or 605-357-1439 to obtain a referral form. Your physician's referral is necessary to initiate the process.



## Center for Disabilities

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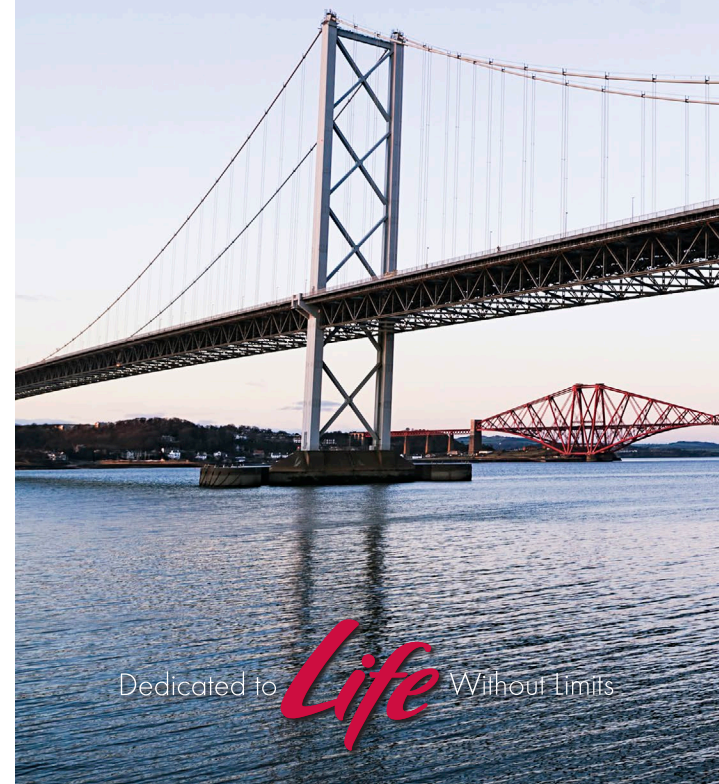
This brochure is available in alternative format upon request.

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Center for Disabilities

# TransitionsInAction Clinic

**Bridging Meaningful Connections  
for the Journey Ahead**



Dedicated to *Life* Without Limits



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Do you have an adolescent age 17-21 with a disability and/or chronic health conditions?

Are you overwhelmed with your child's transition to adulthood?

The Center for Disabilities offers a **TransitionsInAction** Clinic that generates recommended "next steps" to successful transitions for adolescents with a disability and/or significant, chronic health care needs. The Clinic is a comprehensive, day long, multi-disciplinary team experience designed to assess an adolescent's current transition "status" and make recommendations in the following major life areas:

- Health care
- Employment
- Wellness
- Personal Supports
- Education
- Independent Living
- Self-Determination
- Future Planning

## Pre-Clinic Activities

The pre-clinic process is designed to allow our clinic team to gather background information about your family and child. A packet will be sent to your home and a team member will contact you to learn more about your unique situation and concerns.

## The Clinic

The **TransitionsInAction** Clinic integrates interviews, assessments, and activities together with discussions that allow our team to get to know your young adult's strengths, interests and vision for the future. Together with your young adult and you, the multidisciplinary Clinic team generates a comprehensive plan for transitions that is focused, coordinated and action oriented.

## Follow-up

The Transitions Clinic focuses on health care, employment and education. Through Clinic activities an individual blueprint is created to guide future planning and steps for action in these areas.

After the Clinic is complete, an initial report with observations and action steps will be shared. Center staff will reach out again at six months and one year.

## Health Care

In preparing for adulthood, young adults benefit from developing skills in active management of their own health care needs. A guided health care transition simulation will be conducted to assess the patient's current level of health care engagement and functioning. The clinic team will provide recommendations to foster independence and help the individual assume more responsibility in taking care of their health prior to transitioning from pediatric to adult care.

## Employment

In order to assess an individual's current employability skills, members of the Clinic staff will conduct a variety of situational work experiences. Some of the areas assessed include: social skills in a work setting, on-task behavior, following directions, asking for help, most effective learning style, needed supports, interest level and attention to detail.

## Education

Both the adolescent and family will complete activities and have conversations regarding education transition goals. The individual's strengths and needs in this area are identified. The clinic team will help the family and transition team members by providing recommendations for creating and sustaining



opportunities for the young adult to demonstrate their capacities for self-determination, goal setting and purposeful action.

## Additional Supports

Transition is a multi-faceted process that involves all aspects of adult life. Young adults may experience barriers that stand in the way of a smooth and effective transition, which is why personal supports can be vital. The pre-Clinic information and conversations on topics such as self-advocacy, sibling dynamics, financial planning, guardianship/conservatorship and independent living provide insight to personal and/or family supports that may be beneficial.

Professionals in the adult service system are also integral in assisting with a smooth transition ensuring that services are uninterrupted and that planning continues in all areas. For this reason, outside community agencies are invited to participate in the Clinic to discuss services and resources available to the young adult. Education and personal support will be helpful in empowering young adults and their families to take an active role in the transition process.