



Resources for Transitioning Teens and Young Adults

Adolescent Health Transition Project, University of Washington

www.depts.washington.edu/healthtr

- Offers tips for teens and parents, a health history form and other materials to help smooth the transition to adult care

Washington State Office of the Insurance Commissioner

www.insurance.wa.gov

Statewide Health Insurance Benefits Advisors (SHIBA) helpline

<http://www.insurance.wa.gov/shiba/index.shtml>

800-562-6900

- Provides free information about health care insurance for people living in Washington

Basic Health Plan of Washington State

www.basichealth.hca.wa.gov

800-660-9840

Social Security Administration

www.ssa.gov

800-772-1213

DSHS Division of Vocational Rehabilitation

www1.dshs.wa.gov/dvr

800-637-5627

- Provides help with finding and keeping a job
- Offers counseling, training and job placement

Information on advanced directives from the Washington State Medical Association

www.wsma.org/patient_resources/advance-directives-qa.cfm

To Learn More

- Rheumatology
206-987-2057
- Your child's
healthcare provider
- www.seattlechildrens.org

Seattle Children's medical records

www.seattlechildrens.org/our_services/administration/medical_records.asp

206-987-2173

- Contact the Health Information Office to request medical records.

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers: 206-987-2280 (TTY).

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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