

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

www.insurance.wa.gov/consumers/Shiba_HelpLine

(800) 562-6900

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

Basic Health Plan of Washington State

www.basicealth.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

“Decision-Making for Teens with Arthritis” from the Arthritis Foundation

www.arthritis.org/AFStore/StartRead.asp?idProduct=3370

Information on advanced directives from the Washington State Medical Association

www.wsma.org/patients/who_decide.html

Children's Hospital medical records

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

(206) 987-2173

- Contact the Health Information Office to request medical records.

TO LEARN MORE

- Rheumatology (206) 987-2057
- Your Child's Health-Care Provider

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

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