



Nephrology Resources for Teens and Young Adults Transitioning to Adult Care

Adolescent Health Transition Project, University of Washington

www.depts.washington.edu/healthtr/

- Offers tips and resources for teens and parents to help smooth the transition to adult care, including checklists, a health history form, timelines and general information.

Transplant Living

www.transplantliving.org

- Contains information about how to get ready for organ transplant, what to do during the hospital stay, and how to stay healthy afterwards.

Drug company assistance programs

http://www.wyeth.com/contact?rid=/wyeth_html/home/shared/footer/Patient/contact_patient_assist.html

- Information on Wyeth drug company assistance programs, (Rapamune, Sirolimus and more)

www.prograf.com/pdf/patient_information_brochure.pdf

- Reimbursement Support for Patients on Prograf (tacrolimus capsules)

www.thebody.com/content/art32464.html

- List of phone numbers for various medications

www.rxassist.org/pap-info/company_detail.cfm?CmpId=46

- Roche direct link for medications

Agencies

[Washington State Office of the Insurance Commissioner](http://www.insurance.wa.gov)

www.insurance.wa.gov

To Learn More

- Nephrology
206-987-2524
- Ask your child's nurse or doctor
- www.seattlechildrens.org

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).

Statewide Health Insurance Benefits Advisors (SHIBA) helpline

www.insurance.wa.gov/shiba/

- 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

www.dshs.wa.gov/dvr

- 800-637-5627
- Provides help with finding and keeping a job. Offers counseling, training and job placement.

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.

MedActionPlan

www.medactionplan.com

- A Web-based tool for health care providers and their patients. Includes pictures of pills, special instructions, appointment reminders, patient education and checklists to help patients take charge of their own care.

MedicAlert

www.medicalert.com

- Order or update a medical alert bracelet.

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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