

Transition to Adulthood for Patients with Neuromuscular Disorders: Proposed Transition Guidelines

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Six Basic Tenets of a Successful Transition

Attentiveness · Communication · Collaboration ·
Flexibility · Capacity Building · Relationship Building

Three Phases of a Successful Transition

Prior to 13 years old

Phase 1: Early Awareness of Transition Planning

- Begin transition discussion
- Develop transition plan
- Utilize a transition toolkit
- Set expectations for future transition
- Understand evolving roles
- Identify a nurse or care coordinator or social worker for the inter-team liaison

Between 14 and 18 years old

Phase 2: Annual Review and Identification of an Adult Provider

- Create a formal written transition plan (prior to 14 years old)
- Review transition checklist and readiness assessment annually
- Identify adult provider
- Acknowledge the differences between adult and pediatric models of care

Between 18 and 21 years old

Phase 3: Transfer Completion and Orientation into Adult Care

- Send medical records via transfer packet from pediatric to adult provider
- Ensure a longer follow up with pediatric provider
- Provide additional and individualized support

Between 18 and 23 years old

Transfer to Adult Care Complete