



LEND Trainee: Tara Lovely, B.S.W., MSW Student  
Faculty Advisor: Alan Kurtz, Ph.D.

**Project Description:** Identifying an effective protocol for healthcare transitions (from youth to adult) for youth on the Autism Spectrum



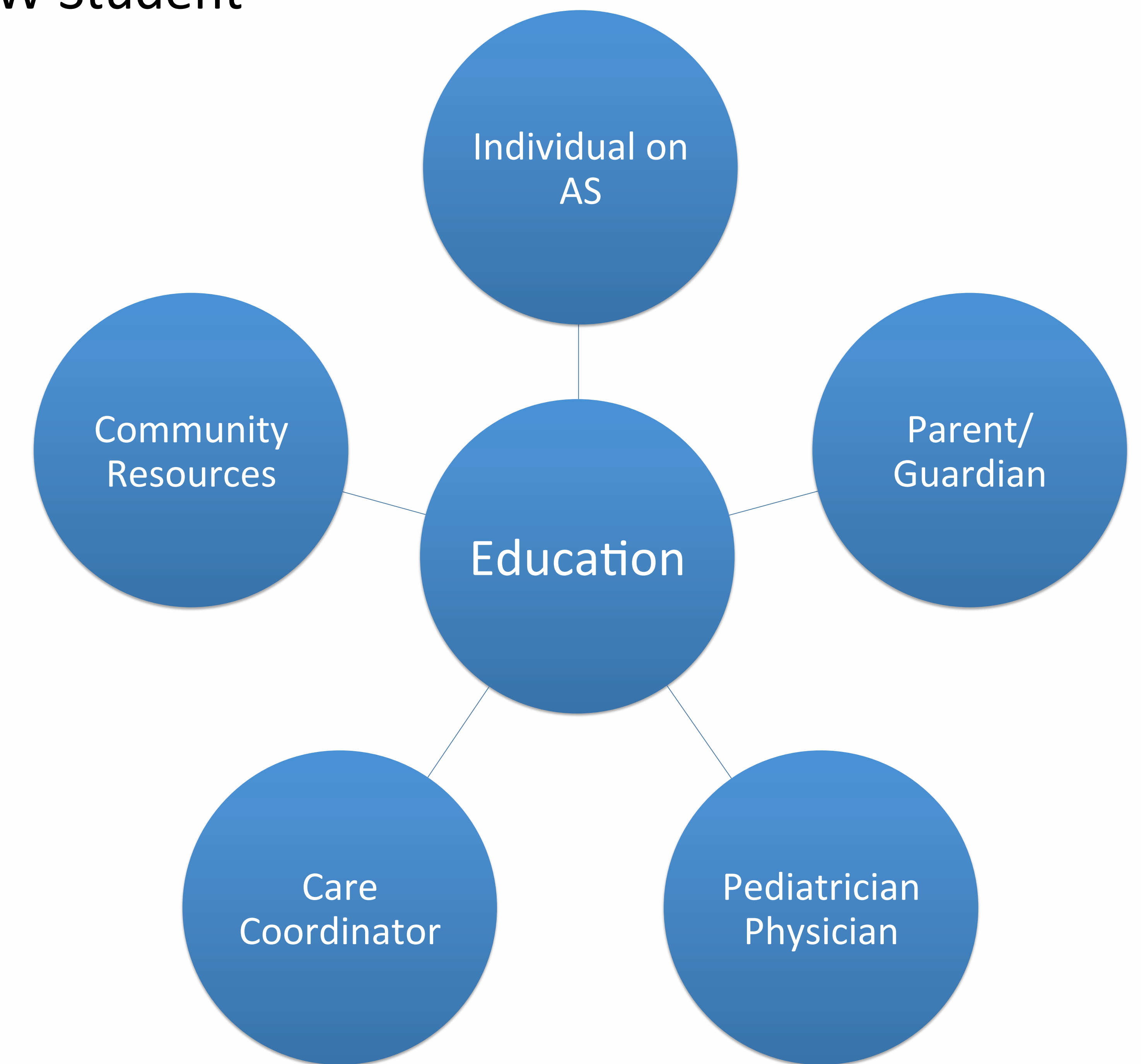
Maine Developmental Disabilities Council

**MDDC** is a partnership of people with disabilities, their families, and public and governmental agencies which promotes and advocates for equal opportunities for persons with developmental disabilities to participate in every aspect of community life. The Council has a vision that all people are included, supported, and valued in communities that offer them opportunities to participate and succeed as they choose.

### Parents/Guardians:

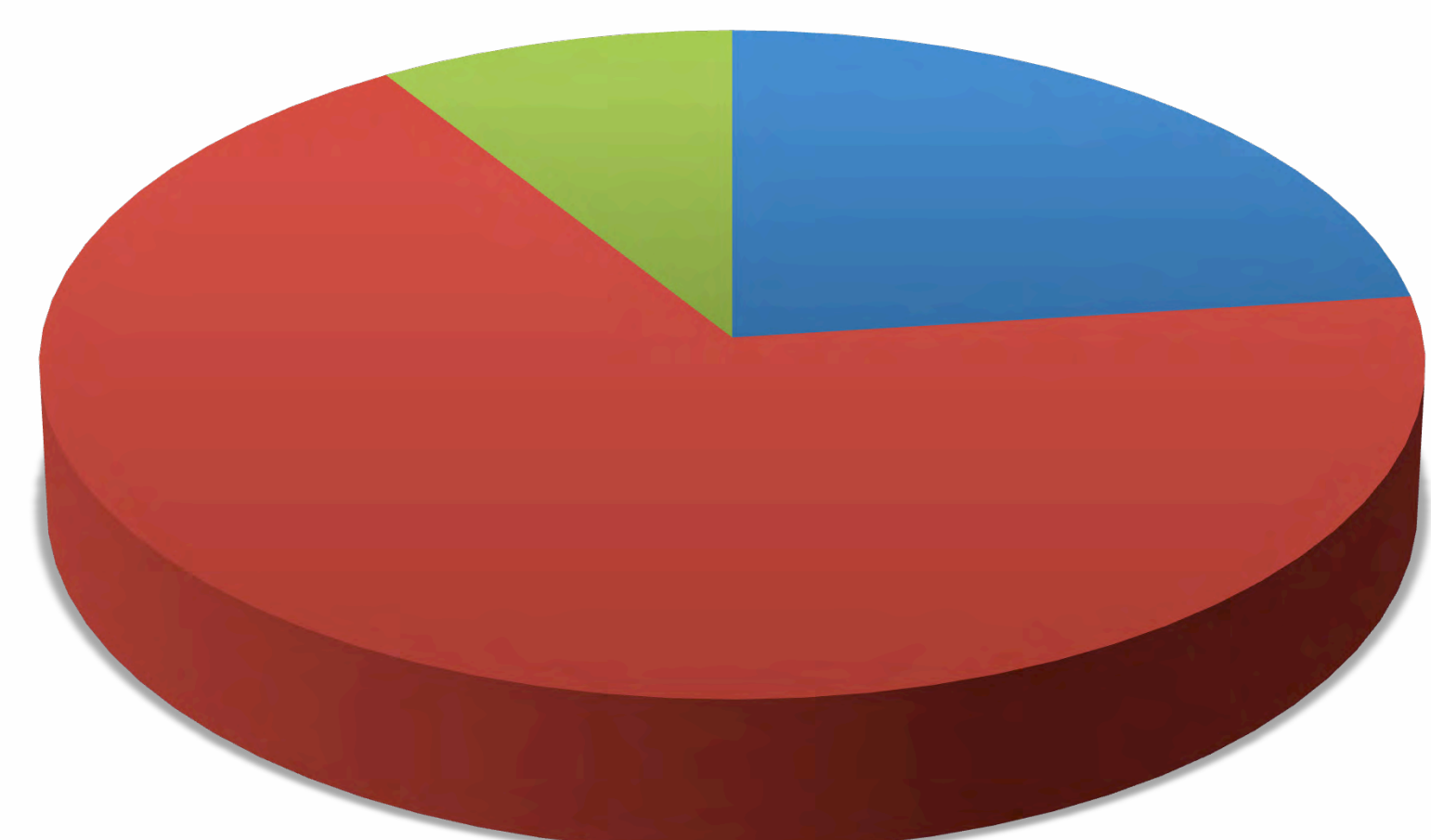
**Obstacles:** Parents reported the biggest obstacles to transition to be:

- a general lack of information on the transition process
- difficulty finding an adult provider who is knowledgeable about ASDs
- difficulty finding an adult provider who is ASD-friendly



- Transition to adult health provider
- Healthcare needs of adults
- Health insurance retention
- Self-determination in youth in taking responsibility for his/her health care needs

Healthcare Transition to Adulthood

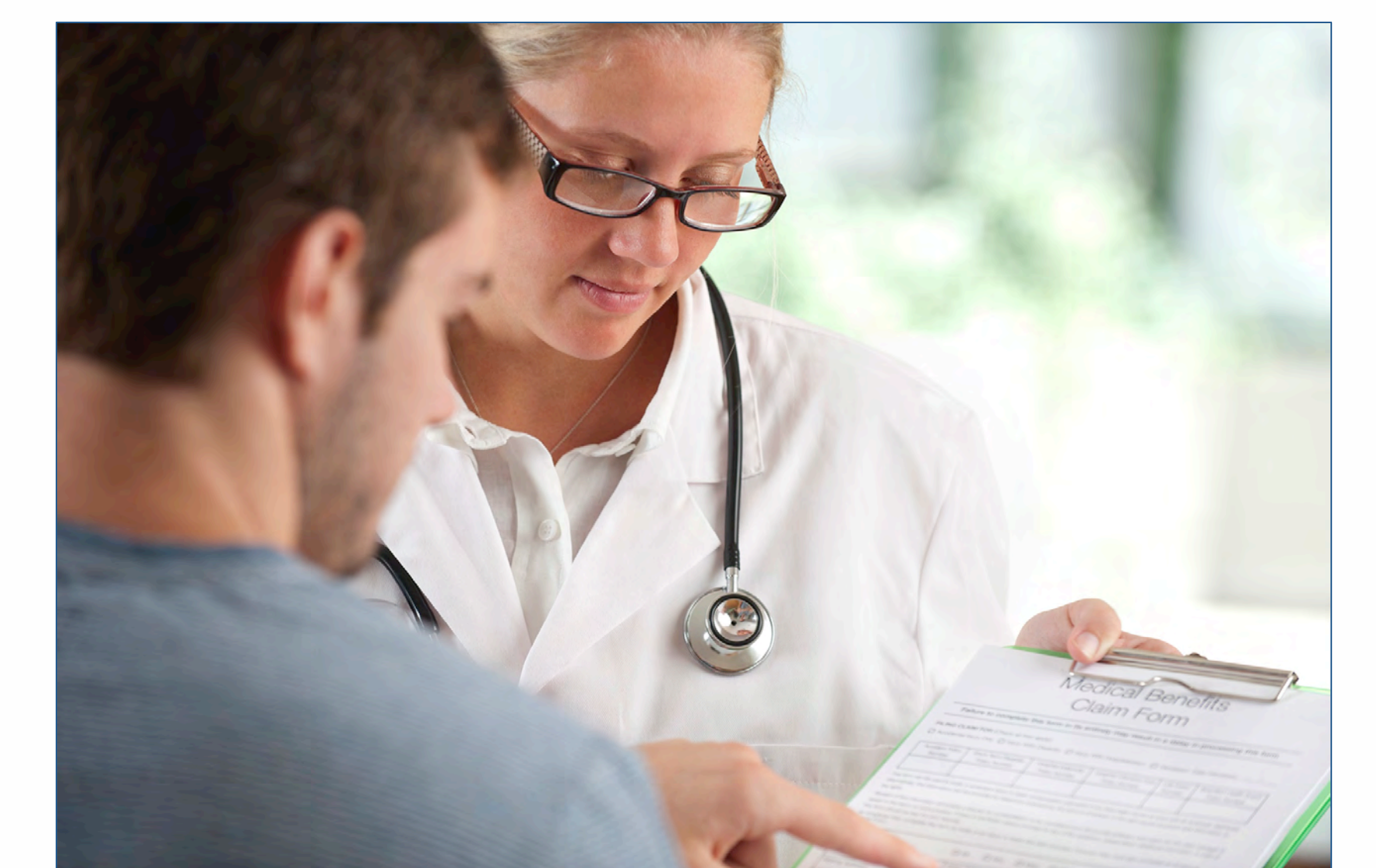


- Adequately Prepared
- Not Prepared
- Already Transitioned

### Learning Goals and Objectives:

- Describe health disparities within MCH populations and offer strategies to address them.
- Write and communicate clearly and effectively to express information about issues and services that affect transitioning population groups.

These competencies are accomplished by my completing my leadership experience with the MDDC and by presenting my research.



#### References

Cheak-Zamora, N. C., Yang, X., Farmer, J. E., & Clark, M. (2013, March). *Disparities in Transition Planning for Youth With Autism Spectrum Disorder*. Retrieved May 10, 2016, from <http://pediatrics.aappublications.org/content/131/3/447>

Kuhlthau, K., & Warfield, M. E. (n.d.). Transition to Adult Health care for youth with autism spectrum disorders. *Brandeis University Study Overview*. Retrieved May 10, 2016, from [http://www.aucd.org/docs/caai/CAAI%202014/April%20webinar/PPT\\_Transition%20to%20Adult%20Health%20Care%20for%20Youth%20with%20ASDs.pdf](http://www.aucd.org/docs/caai/CAAI%202014/April%20webinar/PPT_Transition%20to%20Adult%20Health%20Care%20for%20Youth%20with%20ASDs.pdf)