

# [Transition to Adulthood: A Health Care Guide for Youth and Families](#)

The [Autistic Self Advocacy Network \(ASAN\)](#) prepared a comprehensive toolkit called: "[Transition to Adulthood: A Health Care Guide for Youth and Families](#)." This toolkit provides people with disabilities and their families with information on how to choose a source of health care coverage, create a health care support network, integrate health care transition goals into their educational plans, and manage their health care. It includes useful guides and worksheets for keeping track of health care records, making doctor's appointments and talking to doctors about health concerns.

The toolkit also includes Model Supported Health Care Decision-Making Legislation and its accompanying Questions and Answers resource. The model legislation, which ASAN developed in collaboration with the Quality Trust for Individuals with Disabilities, would enable people with intellectual or developmental disabilities to name a trusted person to help communicate with doctors, understand health care information, make informed decisions about health care, and/or carry out daily health-related activities. Advocates can use this model legislation when talking to their state legislators about ways to support people make independent health care decisions.

This [toolkit](#) contains:

- Transition to Adulthood: A Health Care Guide for Youth and Families
  - Model Supported Health Care Decision-Making Legislation
  - Model Legislation Questions and Answers resource
  - The Transition to Adulthood for Youth with ID/DD: A review of research, policy, and next steps
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The [Autistic Self Advocacy Network \(ASAN\)](https://autisticadvocacy.org) is a non-profit organization run by and for autistic people. ASAN provides support and services to individuals on the autism spectrum while working to change public perception and combat misinformation. Our activities include public policy advocacy, community engagement to encourage inclusion and respect for neurodiversity, quality of life oriented research and the development of autistic cultural activities.

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