

Transition Age Programming (TAP) Overview

Transition is the process of helping to move you smoothly from pediatric to adult health care. When you are living with a chronic illness, it is important to start this process early so that you are prepared when the time comes! This means having conversations about preparing for transitioning starting around the age of 12 or 13 years old.

In a **pediatric model of care** parents and caregivers make most of your medical choices.

In an **adult model of care** you make your own medical choices.

We will slowly start spending more time during visits with you in the room without your parent or caregiver to help you to take control of your own health.

Transition to adult care usually happens around the age of 22, but the team of experts at UPMC Children's Hospital of Pittsburgh's Sickle Cell Program will work with you and your family to decide what is best for you! This means helping to connect you to an adult sickle cell provider, finding resources that will help you, making sure that you understand how to advocate for your specific medical needs, and ensuring you are comfortable with managing your medications, scheduling, and other topics that might come up along the way.

Because preparing for transition is such a **BIG** task, part of UPMC Children's Sickle Cell Program's approach is having yearly behavioral health appointments with our psychologist. During these meetings, you will work together to develop skills and work on areas of growth to target during the next year's medical appointments. This is just another way that we are helping to set you up for success.

We care about your health!

If you have any questions, please call the UPMC Children's Sickle Cell Program at 412-692-5055.