

## Supporting the Move to Adult Health Care for Youth with Intellectual and Developmental Disabilities (IDD)



**Health care transition is the process of moving from a pediatric to an adult model of health care.** Youth and young adults with IDD who have been in juvenile detention centers can direct their own health care transition, with support from their families and the systems that serve them.

Find tools for providers to support health care transition for youth with intellectual and developmental disabilities at [movingtoadulthealthcare.org](https://movingtoadulthealthcare.org).



### Recommendations for health care providers who serve youth with IDD who have been in juvenile detention centers

- Focus on individualized services that meet the specific needs of youth with IDD.
- Provide life skills coaching and skill-building activities for youth with IDD to manage their own care, with support from their families.
- Provide adequate time to share information with youth with IDD in a private setting.
- Emphasize health care transition and different health care systems a child may be transitioning to as they become an adult.

**Read the full report  
funded by the WITH Foundation**