



Getting ready to move to adult care means learning new skills and taking on more responsibility for your healthcare. Below are some resources that will help you prepare and gain more independence in managing your healthcare and other aspects of your life.

### **Guiding Your Teenager with Special Needs through the Transition from School to Adult Life**

*May Korpi*

Part I of this book provides parents with information to help their teen with special needs prepare for life beyond high school. \*Note: Part II references legislation specific to the USA\*

### **Good to Go: a Practical Guide to Adulthood**

*Kim Zarzour and Sharon McKay*

This guide, written for teens and young adults leaving home, has all the information they need to live independently.

### **Easy for You to Say: Q and A's for Teens Living With Chronic Illness or Disability**

*Miriam Kaufman*

This book offers expert answers to questions that teens living with chronic conditions or disabilities have about growing up.

### **Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential**

*Richard Guare, Peg Dawson, and Colin Guare*

Executive skills are important for navigating life. This book promotes teens' independence by building brain-based abilities that are needed to be organized, stay focused, and control impulses and emotions.

### **Type 1 Teens: A Guide to Managing Your Life with Diabetes**

*Korey K. Hood*

This useful guide provides strategies to help teens become independent in managing their diabetes. Though written specifically for diabetics, other teens with chronic health conditions will benefit from some of the suggestions.

## **What to Consider If You're Considering University: New Rules for Education and Employment**

*Ken S. Coates and Bill Morrison*

All teens have to decide what to do after high school - whether it is university, working, volunteering or taking time off to travel. This book helps teens think critically about their options and helps them make an informed decision.

## **When Will My Grown-Up Kid Grow Up?: Loving and Understanding Your Emerging Adult**

*Jeffrey Jensen Arnett and Elizabeth Fishel*

For parents of those in their twenties, this book is a guide for how to help adult children make the transition to adulthood.

## **The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults**

*Frances E. Jensen and Amy Ellis Nutt*

This easy to understand book about recent adolescent brain research will help parents and educators who work with teens better understand and support them as they navigate their way to adulthood.

*This list was created by caring Families & Professionals*

These resources are available to borrow from:

### **Family & Community Resource Centre**

Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

[frc.ahs.ca/health-information/library/information-prescriptions/youth-in-transition](http://frc.ahs.ca/health-information/library/information-prescriptions/youth-in-transition)

For more information contact the Child Health Information Specialist  
at 403-955-7745 or [childhealthinfo@ahs.ca](mailto:childhealthinfo@ahs.ca)

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