



Info Rx

Youth In Transition

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.

Borrow these books from the FCRC or check your local library!

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.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcrs.ahs.ca/rx/youth-transition/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8

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