

BECOMING AN ADULT WITH SICKLE CELL DISEASE



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As you get older, you will change from your current sickle cell doctor to an adult sickle cell doctor.

- Our goal is to make sure you are ready to become a healthy adult living with sickle cell.
- Transition is the process of getting ready to leave your pediatric doctors and get your health care from doctors who are trained to care for adults.
- Once you turn 12, you should begin to think about becoming an adult living with SCD.
- Be sure to complete a transition-readiness questionnaire each year with your SCD provider.

Remember, you are not alone.

- Your medical team and community-based organizations are working hard to support you and educate you.
- A **FREE** Transition Program designed with specific classes to help you take charge of your life after pediatrics is available at Children's Harbor Family Center, on the Children's of Alabama campus. You and your parents are encouraged to attend and complete the transition classes by the time you are 18.



Things to consider as you prepare for adulthood.

Health Care Knowledge

- I know what type of sickle cell disease I have
- I know my medical needs and can explain them to someone
- I know what to do in case of a medical emergency
- I understand what behaviors can cause a pain episode and what to do if I have one
- I keep track of my own medical appointments
- I know how to take my medicines (time, dose, how often) without my parents reminding me
- I am aware of what hydroxyurea is and how it affects sickle cell disease
- I understand how drugs, alcohol, and tobacco usage affect sickle cell disease

Independent Living Skills

- I know how to manage money and pay a bill
- I know how to use an ATM card
- I have held a full or part time job
- I know how and when to get my prescriptions filled
- I know how to make my own medical appointments
- I go to my medical appointments on my own
- I can arrange transportation to my medical appointments



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childrensAL.org/sickle-cell-disease

Education and Vocational Planning

- I know what type of sickle cell disease I have
- I have a vision for my future
- I plan to attain education (college or job training) after high school
- I know the types of work situations that could cause problems related to sickle cell disease
- I have talked to my parents or family about my hopes for the future

Social Support Skills

- I participate in activities at school and/or outside the home
- I have friends that I can talk to about sickle cell disease
- I have a good social support system
- I understand what healthy relationships are

Knowledge of Adult Medical Coverage

- I understand how health care privacy changes when I am legally an adult
- I carry my own insurance card and understand my insurance plan
- I have started thinking about where I want to go for adult sickle cell care and who will be my primary doctor

Get involved in activities and support groups from Children's and the Sickle Cell Foundation. Find a Sickle Cell Foundation near you:

Birmingham Sickle Cell Foundation: 800-735-0405

North Alabama Sickle Cell Foundation, Inc.: 256-970-1341

Southeast Alabama Sickle Cell Association: 334-727-6120

Sickle Cell Foundation of Mobile: 251-432-0301

Sickle Cell Foundation of the River Region: 888-767-4255