

Young Adult Health Care Transition Social Media Toolkit



Created by Got Transition and its
National Young Adult Advisory Group

#HealthCareTransition

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The transition from pediatric to adult health care is a critical time in the lives of millions of young adults. This social media toolkit was developed by Got Transition’s staff, consultants, and members of the National Young Adult Transition Advisory Group to promote the new Health Care Transition Quiz, “[Are You Ready to Transition to Adult Care?](#)” The quiz asks key questions to help young adults prepare for changes that happen usually between 18 and 22 (<http://gottransition.org/youthfamilies/HCTquiz.cfm>). The quiz includes tips and linked resources to support young adults to be self-advocates. These resources include information on how to add medical information to a smartphone, what legal changes occur at age 18, how to sign up for health insurance, and more.

In this Young Adult Social Media Toolkit, you will find the following tools to promote the Health Care Transition Quiz and our site, www.GotTransition.org:

- **Sample newsletter text**
- **Facebook posts**
- **Tweets**
- **Memes (to be incorporated into Facebook or Twitter posts)**

About Got Transition: Got Transition is a program of The National Alliance to Advance Adolescent Health and is funded through a cooperative agreement from the Health Resources and Services Administration’s Maternal and Child Health Bureau. Its mission is to improve the transition from pediatric to adult health care through the use of new and innovative strategies for health professionals, youth/young adults, and families. Got Transition works with a broad range of partners to expand the use of the [Six Core Elements of Health Care Transition](#) in health care settings and to provide effective health care transition supports to youth, young adults, and families.

For more information about health care transition, please visit www.GotTransition.org or contact Daniel Beck (dbeck@thenationalalliance.org).

Don’t forget to follow [@GotTransition2](#) on Twitter and to like/follow Got Transition ([HealthCareTransition](#)) on Facebook!

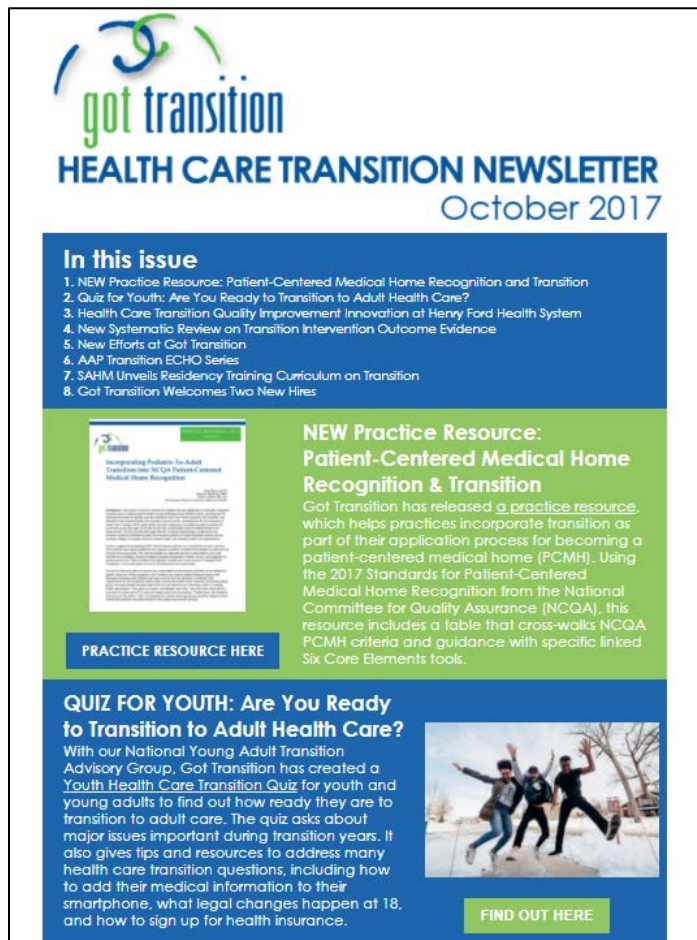
About the National Young Adult Transition Advisory Group: The National Young Adult Transition Advisory Group assists Got Transition with messaging to youth and young adults about improving their transition to adult health care. The group consists of young adults with and without disabilities, who are between the ages of 18-25. The members of the group represent various national and state health-related organizations around the country.

* Joshua Calarino (YouthMove)	* Sydney Hayes (The Arc)
* Laticia Aossey (Foster Club)	* John Devine (Foster Club)
* Karin Hitselberger (United Cerebral Palsy)	* Danielle Liebl (Special Olympics International)
* Elena Sakopoulos (Young Invincibles)	* Matthew Shapiro (Kids as Self Advocates)
* Brittany Anne Alvarez (Bacchus/Furman University)	* Luke Fox (CA Dept of Social Services)
* Yashna Eswaran (Allies Empowering Positive Transformation [ACCEPT])	* Effy Francis (Able SC/Center for Independent Living)

Sample Newsletter Text

- Transitioning to adult care is a big step for young adults. Like going to college, getting a job, or living on your own, health care transition takes preparation and self-advocacy.
- Got Transition has created a Young Adult Health Care Transition Quiz (<http://gottransition.org/youthfamilies/HCTquiz.cfm>) for young adults to find out how ready they are to transition to adult care.
- The Health Care Transition Quiz was created with the help of Got Transition’s National Young Adult Transition Advisory Group and asks about topics that are important when thinking about transition. The quiz provides tips and resources that address health care transition questions, such as how to add their medical information to a smartphone, what legal changes happen at age 18, and how to sign up for health insurance.
- To learn more about health care transition, go to www.GotTransition.org. Don’t forget to follow [@GotTransition2](https://twitter.com/GotTransition2) on Twitter and like Got Transition ([/HealthCareTransition](https://www.facebook.com/HealthCareTransition)) on Facebook! Share your transition stories with #HealthCareTransition.

Sample Newsletter



Sample Facebook Posts

Be sure to tag our Facebook page in posts (www.facebook.com/HealthCareTransition)

Transitioning to adult care is a big step for young adults. Like going to college, getting a job, or living on your own, health care transition takes preparation and self-advocacy. Take Got Transition's quiz today to answer the question: are you ready to transition to adult health care? #HealthCareTransition

<http://gottransition.org/youthfamilies/HCTquiz.cfm>

Growing up means taking on more responsibilities in your life, and that includes your health and health care. When you take charge of your health, you take charge of your life! Find out today if you're ready to transition to adult health care. #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>

Got Transition has created a Health Care Transition Quiz for young adults to find out how ready they are to transition to adult care. The quiz asks key questions to help young adults prepare for changes that happen between ages 18 and 22. The quiz includes tips and linked resources to support young adults in becoming self-advocates. The resources include information on how to add medical information to a smartphone, what legal changes occur at age 18, how to sign up for health insurance, and more. #HealthCareTransition

<http://gottransition.org/youthfamilies/HCTquiz.cfm>

I'm taking charge of my health... you should too! See if you're ready to transition to adult health care NOW! #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>



***DOWNLOAD** this Facebook Share Graphic and use when posting to Facebook!*

Sample Tweets

Be sure to tag @GotTransition2 and use #HealthCareTransition in your tweets

General

- TWEET #1: Are you ready to transition to adult health care? Find out now! #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- TWEET #2: Are you ready to transition to adult health care? Find out now! Take this quiz to test your health care knowledge and self-care skills. #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- TWEET #3: Newly-released quiz from Got Transition - Are you ready to transition to adult health care? #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>

Why My Health? I choose to take care of my health/manage my own health because...

- TWEET #1: Why take care of your health? To be able to go to college, get a job, and live on your own! See if you're ready to transition to adult health care: <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- TWEET #2: Choosing to take care of your own health makes you more independent and a confident self-advocate. Take this quiz to see if you're ready to transition to adult health care. #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- ***IF YOU ARE A YOUNG ADULT:*** Tweet why you choose to manage your own health!
 - SAMPLE: I choose to manage my own health care because it makes me a confident self-advocate as I transition to adulthood and make my own health care decisions. Are you ready to transition to adult health care? #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>

What's in it for me?

- TWEET #1: What's in it for you to take charge of your health? Independence and empowerment! See if you're ready to transition to adult health care. #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- TWEET #2: Transitioning to adult care helps you be empowered and independent. Take this quiz to see if you're ready! #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- ***IF YOU ARE A YOUNG ADULT:*** Tweet what's in it for you to transition to adult health care!
 - SAMPLE TWEET: What's in it for me to transition to adult health care? I can speak openly about my health needs when I meet with my doctor one-on-one. #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
 - SAMPLE TWEET: What's in it for me to transition to adult health care? Now I can talk with my doctor one-on-one and ask questions important to me. #HealthCareTransition bit.do/HCTquiz

Take Charge of Your Life, Take Charge of Your Health

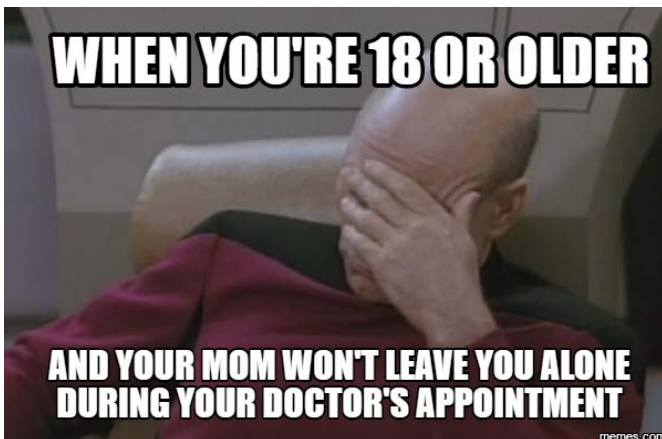
- TWEET #1: It can be empowering to be your own advocate, even if it feels overwhelming at first. Take this quiz to see if you are ready to transition to adult health care. #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- TWEET #2: Taking charge of your health care can be a starting point for other transitions in your life (getting a job, going to college, moving out on your own) – Take this quiz to see if you’re ready to transition to adult health care NOW! #GotTransition #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>

Changing Roles

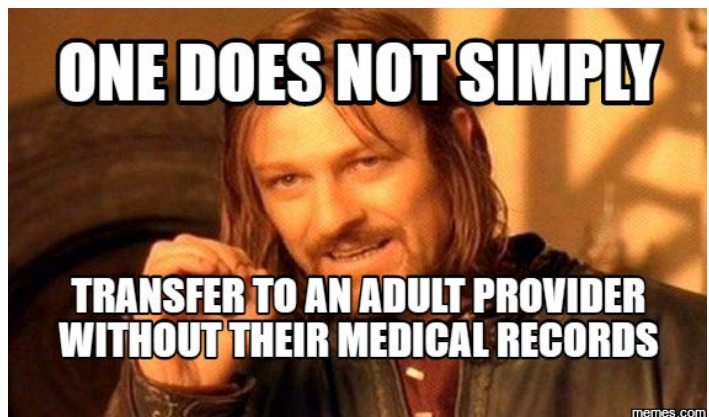
- TWEET #1: Managing your own health care is part of growing up. See if you’re ready to transition to adult care by taking this quiz. #GotTransition #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>
- TWEET #2: Calling the doctor to make an appointment or filling your own prescription makes you more independent. Are you ready to take a more active role in your transition to adult care? #HealthCareTransition <http://gottransition.org/youthfamilies/HCTquiz.cfm>

Mememes

Download and incorporate into Facebook posts or tweets



[DOWNLOAD](#)



[DOWNLOAD](#)

REACHING ADULthood

First I was like

HAVE ALL
THE
RESPONSIBILITY!



but then I was like

Have all
the
responsibility?



MEMEBASE.com

[DOWNLOAD](#)

FEELS SICK



CALLS AND SETS UP DOCTOR'S APPOINTMENT

memes.com

[DOWNLOAD](#)

WHEN I'M TOLD "DO IT YOURSELF" BUT I CAN'T TALK ALONE WITH MY DOCTOR



BUT THAT'S NONE OF MY BUSINESS

memes.com

[DOWNLOAD](#)