Sickle Cell Resources in My Community

Northern Indiana

North Central Indiana Sickle Cell Initiative (St. Joseph County)

615 North Michigan Street South Bend, IN 46601 574-674-1370 (Toll Free 1-877-647-1370)

North Central Indiana Sickle Cell Initiative (Lake County)

100 West Chicago Avenue East Chicago, IN 46312 574-807-4408

Central Indiana

Martin Center, Inc.

3545 and 3549 North College Avenue Indianapolis, IN 46205 317-927-5158

Email: Information@TheMartinCenter.org

Southern Indiana

SCACure Networks, Inc.

815 John Street, Suite 110 Evansville, IN 47713 812-549-3593

Email: Support@scacurenetworks.org

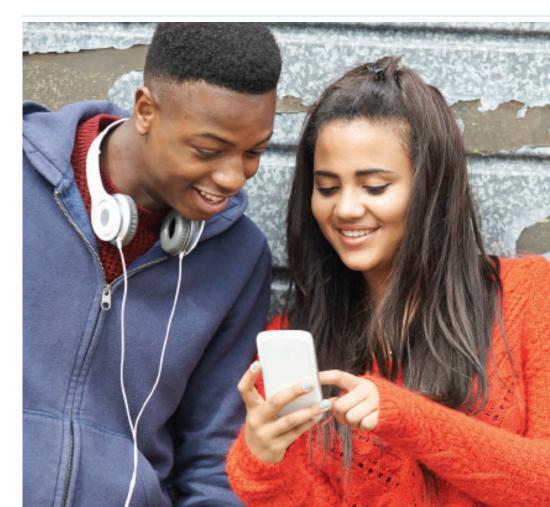


Contact the IHTC for excellence in care and outcomes:

317-871-0000 | TF: 877-256-8837 | www.ihtc.org

Sickle Cell Transition Program: What You Need to Know





Transition: Moving Forward

Transitions are part of life. People move from childhood to teenage years and through different grades in school.

As you become a young adult, it is important to have future plans. You need to build skills, get information, and find resources to help you so that you do well as an adult. You might plan for work, for living on your own, or for college. You also should plan for your healthcare as you become an adult.

A successful healthcare transition means that you get the healthcare that you need to prevent problems. It means that you do not have a gap in your care. It means that your healthcare providers talk to each other and work together to treat any problems that you do have.

Who is on my transition team?

- Most importantly, YOU! Transition is an individual process, and we want to work with you towards healthcare independence
- Your family and friends can be valuable resources as you transition to adult care
- Your medical team members, which include physicians, physician assistants/nurse practitioners, and nurses, guide you through the transition process
- Program coordinators, social workers, and career counselors provide support both in and out of clinic

Transition at IHTC

Birth-11 years	12-17 years	18 years and beyond
IHTC partners with the	Child takes on a larger	Patient is transitioned
family for sickle cell	role in his/her health	to adult hematology
care and education.	care and is coached	care with the support
	toward independence.	of family and the
		pediatric care team.

My Action Plan for Independence

I know my diagnosis

Am I able to talk about my health care information?

	I know the names of my medicines and how to take them
	I keep track of my medical appointments using a calendar
	or my phone
	I can recognize a medical emergency and know where to go for help
Am I r	eady to take a larger role in my medical care?
	I know which pharmacy I use and how to call for medication refills
	I know what kind of health insurance I have and how to
	contact my insurance company
	I have chosen an adult hematologist
Have I	identified future goals?
	I have thought about what I want to do after age 18
	I have talked with a career counselor or school counselor about the steps needed to achieve these goals
	I have talked with friends and family about support for my goals
	I know that making healthy lifestyle choices will help me meet my goals

Adapted from: UCSF Benioff Children's Hospital Oakland Sickle Cell Center Staff. *Growing up with Sickle Cell: Stepping Up. Stepping Out*. Santa Ana: Maternal and Child Health Bureau, 2014. Print.