

## *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](mailto:Information@TheMartinCenter.org)

### Southern Indiana

#### **SCACure Networks, Inc.**

815 John Street, Suite 110  
Evansville, IN 47713  
812-549-3593  
Email: [Support@scacurenetworks.org](mailto:Support@scacurenetworks.org)



*Contact the IHTC for excellence in care and outcomes:*

317-871-0000 | TF: 877-256-8837 | [www.ihtc.org](http://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 family for sickle cell care and education.	Child takes on a larger role in his/her health care and is coached toward independence.	Patient is transitioned to adult hematology care with the support of family and the pediatric care team.

## My Action Plan for Independence

### Am I able to talk about my health care information?

- I know my diagnosis
- 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 ready 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