

How can we educate foster care youth on the importance of preventative healthcare and help them make decisions regarding their own healthcare ?



Cincinnati Children's Hospital Division of Behavior Medicine & Clinical Psychology

Healthcare for Transitioning Foster Youth

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The Opportunity

The LWC research team collaborated with CCHMC to explore solutions for helping youth in Hamilton County transitioning from Child Services to the adult healthcare system. This endeavor presents an opportunity for young adults transitioning out of foster care to learn about preventative healthcare, make better decisions about their health, and lower medical costs.

The Challenge

Most post-transitioned youth, considered adults by Child Services, are uninformed about their healthcare. When medical situations arise, whether minor or urgent, most youth lack the knowledge to make an educated decision about their health. This results in countless emergency room visits, which waste the patient's time and money. Many of the existing resources available to post-transitioned youth are unapproachable, leading to a lack of communication with healthcare professionals.

The Approach

Conversations with pre- and post-transitioned youth revealed how they respond to guidance from healthcare professionals, and how trust affects their decision-making process. The team identified parallels in youth experiences, which revealed an understanding of what the average journey looks like for foster youth. The team then identified key points throughout the journey where design could help to solve healthcare problems.

The Impact

An 80 page healthcare guide was created through a co-creation approach with healthcare providers. These booklets are intended to help spark the conversation between teens and their healthcare providers, and to serve as a quick, accessible reference for healthcare information while at home.

Where is it now?

Currently 100 participants, of 200 anticipated, have been recruited, have received the guide, and are being monitored for 12 months to examine their healthcare use. The team anticipates having all data collected by December of 2017. Multiple teens who have received the guide now claim it is one of their most prized possessions, taking it with them even after moving to other states and leaving the study.



CHRIS

doesn't know what to do.



He contemplates going to the ER.



1 I Care Health Guide

The 80 page guide includes information on all aspects of healthcare including dental health, sexual health, and local emergency rooms and urgent care centers.

Self-Diagnosis Chart

2 This Self-Diagnosis Chart indicates what levels of treatment are appropriate based on symptoms and levels of pain.

Foster Care Video - www.icare2check.org

3 An animated video takes viewers through the average healthcare journey of a foster care youth, illustrating the uses and benefits of the guide throughout the journey.