



Positive Youth Transition Accord

The nature of care in the pediatric system is fundamentally different from that of the adult system. For HIV positive youth, the transition from pediatric to adult care is a unique experience. In order to make this transition healthy and successful, we, youth living with HIV, pediatric HIV clinics and adult HIV clinics, commit to the following:

1) HIV Positive Youth

- Engage with service providers.
 - Express our own needs and concerns.
 - Make an effort to develop a relationship with service providers.
 - Ask questions.
- Be proactive about our own care.
 - Seek information and become more educated about the medications we take and our own health.
 - Go to appointments and take our medications.
 - Inform service providers when and why we miss medication doses or do not take our medications.
- Nurture relationships with other HIV positive youth outside the clinic.
 - Develop ways to encourage, educate and support each other.
 - Find ways to ensure we adhere to treatment, e.g. develop a buddy system for taking medications at the same time.

2) Pediatric HIV Clinic

- Value HIV positive youth as long-term survivors with expertise in living with HIV.
 - Trust the youth to make their own choices.
- Better prepare HIV positive youth for the adult system.
 - Use age-appropriate language to educate the youth about their medications.
 - Introduce the youth to an adult clinic social worker and an ASO support worker on-site before the transition to adult care, regardless of location.
 - Inform the youth of services available to them following transition to adult care.
 - Equip the youth with information and strategies to address issues such as HIV stigma, abandonment and multiple loss.
 - Provide greater autonomy to the youth as they age.
 - Make a written transition plan together with the youth before the change.
- Better prepare the adult system to receive HIV positive youth.
 - Provide the youth's entire medical history/file to the adult clinic.
- Motivate HIV positive youth to stay in care.
 - Provide incentives for the youth to take their medications and go to appointments.
 - Provide appointment reminders.
 - Stay in contact with the youth after their transition to adult care based on the agreement in the written transition plan.
 - Allow for the youth to overlap with an adult clinic during the transition.

- Involve parents/guardians in the care of HIV positive youth.
 - Educate parents/guardians about HIV issues and medications beyond the basics.
- Be mindful of the issues HIV positive youth face as they age, including stigma, shame, conflict with family, and the increased stress of the medication as a reminder of their HIV status.
 - Acknowledge that disclosure is difficult and compounded by race and gender.
 - Remember teenagers are complex with conflicting emotions, ideas and needs.
- Foster community for HIV positive youth.
 - Partner up youth going to the same adult clinic.
 - Link youth about to transition from pediatric to adult care with youth who have made the shift.
 - Provide a welcoming, comfortable and supportive environment that includes food and entertainment.

3) Adult HIV Clinic

- Value HIV positive youth as long-term survivors with expertise in living with HIV.
 - Trust the youth to make their own choices.
- Engage with HIV positive youth as teenagers/young adults.
 - Use age-appropriate language.
 - Treat the youth as individuals and not numbers.
 - Provide information on how to communicate with us as service providers.
- Invest in building a relationship with HIV positive youth.
 - Provide introductions and have a session dedicated to getting to know the doctor.
 - Visit the pediatric clinic.
 - Express warmth and appreciation for the youth.
 - Be passionate and conversational with the youth.
 - Treat the youth with respect.
- Support HIV positive youth to stay in care.
 - Provide appointment and follow-up reminders and use relevant technology, such as texting.
 - Be knowledgeable about the reasons for poor/lack of treatment adherence among the youth.
 - Be firm with the youth who stop taking their medications, as appropriate.
 - Ensure the youth understand information that is provided to them.
 - Provide all clinic appointments in one day (e.g. doctor and social worker) when possible.
 - Work with community partners to reduce barriers to accessing the clinic services, e.g. transit costs, parking and food.
- Foster community for HIV positive youth.
 - Schedule appointments for the youth together.
 - Work with ASOs to create a young adult support group at the clinic.
 - Provide a welcoming, comfortable and supportive environment that includes food.
 - Link the youth to resources, opportunities and services for HIV positive youth, e.g. The Pozzy.
- Support the whole person.
 - Provide relationship and marriage counselling.
 - Talk about the youth's whole health story and not just their viral load.
 - Recognize each youth has a different reaction to the transition to adult care.
 - Communicate with other service providers about the youth's care, e.g. coordinated and cooperative case management.