Children's Hospital of Philadelphia PolicyLab

Transitioning to Adulthood: Unique Health Care Challenges for Youth with Intellectual/Developmental Disabilities

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For the 15 percent of adolescents who have intellectual/developmental disabilities (IDD), transitioning to adulthood can present unique challenges to accessing necessary health care. PolicyLab researchers have identified specific barriers facing this population and recommended actions that health systems and policymakers can take to help address them. The challenges outlined in this document reflect the patient's journey through the transition process, from gaining adequate coverage, to handling clinical encounters in adult settings, to accessing long-term services needed to maintain as much independence and quality of life during adulthood as possible.

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