



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL



Smooth Transition to Adulthood with

**STARx**

## The TR<sub>x</sub>ANSITION Scale™

### Age

### Focus Areas

12-14

Type of Illness, **Rx** (medications), **Adherence**,  
**Trade/School**

15-18

**Nutrition**, **Self-management**, **Insurance**,  
**Issues of reproductive health**

>18

**Ongoing Support**, **New health providers**