



# READYorNot™

## Brain-Based Disabilities Trial



### INFORMATION FOR FAMILIES

**What is this study about?** The MyREADY Transition™ BBD App was created to help youth prepare for health care transition. That's when youth make the change from getting services from the children's health care team, the children's hospital or the children's treatment centre to looking after their own health in adult services. We hope the App will help youth with things like learning about their health, knowing what questions to ask, and when to ask for help.

**Why is the study being done?** This study will tell us if there is a benefit to using the App. All youth will get the same care they have been getting. Half will use the App and half will not. There's an equal chance of being in either group. After the study is done, youth in both groups will have a chance to use the App.

**Who can participate?** You may be eligible for this study if you:

- \* are 15, 16, or 17 years old;
- \* have Autism Spectrum Disorder or Cerebral Palsy or Epilepsy or Fetal Alcohol Spectrum Disorder or Spina Bifida; and
- \* are thinking about being more independent in taking charge of your own care, such as asking or answering questions when you are with a doctor or nurse.

**Interested to hear more?** You can talk to the local study contact:

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This study has been reviewed by the University of Alberta Research Ethics Board, REB # Pro00086027 Version 4: Sep 21, 2020



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