Clients, families, and service providers felt **empowered** by the process of co-creating a new transition resource to more meaningfully meet the needs of youth and families.

**Background**
- The transition to adulthood can be complex. Youth and families face challenges with navigating new adult systems and finding opportunities for meaningful participation.
- Over the course of two years, a collective (members of Holland Bloorview’s Family Advisory Committee, service providers, and stakeholders) co-created a new holistic transition resource to help clients and families feel more hopeful about the future.
- The goal of authentic and meaningful co-creation is often expressed, but not usually explored or operationalized in this context.

**Research Questions**
- What is the collective doing to co-create a resource that facilitates transition to adulthood and integrates best evidence, client and family voice, and clinical and system voice?

**Methods**
- We employed a Community-Based Participatory Research framework and mixed-methods:
  - Qualitative interviews with members of the collective at the start and end of the project
  - Paper archive review of documents (e.g., meeting minutes) related to the creation of the resource
  - Measured research team perceptions of the partnership using the Community Impacts of Research Oriented Partnerships (CIROP) questionnaire
  - Interview notes, documents, and open-ended CIROP responses were analyzed thematically.

**Results**
- Five members of the collective completed the CIROP measure.
- Nine members of the collective participated in 13 interviews. We generated three preliminary themes shown in the figure below.

**Co-creation of a transition resource for youth, families, & partners for the transition to adulthood**

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**Embracing creativity and uncertainty**
- “It helped broaden my perspective about using a more creative process and enhanced how the [resource] has come about.” – caregiver
- “Letting go and having to engage differently, trusting the process.” – service provider
- “My assumption would be the clinician led the development of the [resource] and the family/youth were brought in as a contributor. We’ve flipped that, the family is driving this process through design thinking based on their expertise.” – service provider

**Future opportunities for community engagement**
- “There’s a lot more that can be done to reach out to community partners and have them invested and meet halfway on that bridge.” – caregiver
- “I think it would be great to have more feedback . . . more community voices and more of the medical side with adult healthcare doctors and nurses.” – service provider
- “We were creating [the resource] together. It wasn’t dictated from the top down so to speak.” – caregiver

**Conclusion and Next Steps**
- Preliminary findings suggest clients, families, service providers, and stakeholders found the co-creation process empowering and effective in designing a new resource to support meaningful transitions to adulthood.
- Full analyses are ongoing. This research will help drive understanding of how healthcare organizations can work towards authentic client and family partnerships to enhance service delivery.