

Transition Parent Information: Late Years

Helping from a distance – teens taking charge of becoming young adults

As your young adult gets older, it is important for them to have a greater understanding of what their role is with their health care. In most U.S. states and in California the legal adult age is 18 years-old. Many young adult patients want to have their parents continue to be part of their health care decisions. Young adults can give medical consent and have control of who can hear and view their medical information. They will need to sign a consent so doctors can share their medical information with family members. Parents are no longer able to view the patient's MyChart® unless a consent is signed.

When young adults are not able to make their own health care decisions, added planning must take place. Ask your care team for resources. This planning should start at age 17.

Changing to a new doctor can be hard. However, remaining in the pediatric setting may delay development of independence and deprive young adults of receiving age-appropriate medical care. Changing to an adult care doctor allows young adults to build their own trust with their new doctor. Remind yourself and your young adult that this will take time.

Your teen or young adult may be thinking about their life after high school. This may include going to college, starting a new job, living at home, or moving away.



Activities your teen or young adult can do to take charge of their health

- Help them know and understand their health care rights:
 - Talk with them about why they can trust their doctor and talk honestly about their health. Encourage your young adult to ask questions during their visit(s). Remind them that health care staff must keep all medical information confidential.
 - Have your young adult ask about consent forms:
- Allow them to be in charge of their own health care and decision making.
 - Have them keep track of their treatment plan and appointments.
 - Encourage your young adult to talk with their doctor about their treatment plan and what works well and what is difficult so they can come to an agreement about a plan that works.
- Help them learn and understand their medical insurance:
 - Together review the name of their medical insurance plan, their medical group and what their insurance plan covers.
 - Have your young adult ask the nurse at their specialty clinic about the Health Care Insurance Brochure and Insurance Worksheet.



- Help your young adult discuss changing care to doctors who treat adults with their primary care physician (PCP) and medical specialist(s) which usually happens between 18 to 21 years of age.
 - Talk to your young adult about their individual insurance (private insurance, CCS, Medi-Cal) and how it works to find a doctor that cares for adults.
 - Ask if their PCP and medical specialist(s) can refer them to a doctor who takes care of adults or can give names of referral doctors.
 - Have your young adult check online to learn if referred doctors and medical specialist(s) accept their insurance.
 - Have your young adult get a copy of their medical summary from their pediatric specialist. The medical summary will be given to the new adult specialist.
 - Encourage your young adult to remember that developing a relationship with a new doctor happens over time, and support them in giving their new doctor a chance.

Ask the health care team for information, visit trusted websites for general information, such as health.gov/myhealthfinder or familydoctor.org.

Ask about our Health Care Transition Clinic. A medical social worker is available to help.

For more information visit millerchildrens.org/transition.

