

Growing Up...?

What is Transition to Adult Health Care

We want you to have a smooth transition to adult health care. This means:

- Moving from “pediatric care,” where parents make most health care choices to “adult care,” where young adults make their own health care choices. This takes place over time.
- You will become more active with your own health care, as able. For example, setting your own health care goals and answering questions.
- Starting at age 14, you will be offered to spend time at each visit with your doctor. This offers you a chance to talk to your doctor and build trust.
- Most often, transition involves changing to doctors who care for adults. Some doctors take care of both pediatric and adult patients. In this situation, the approach to health care changes from child centered to adult centered care. Your doctor will let you know about their practice.

At age 18:

- You are a “legal adult,” but many young adults want/need their families to be a part of their health care decisions.
- You will need to give your permission in writing if you want us to share your personal health information.
- If you have a condition that keeps you from making your own health care decisions, we ask that your parents start planning at 17 years.

What we offer you:

- Help you move to adult care
- Help you learn about your insurance
- Connect you to resources
- Send your medical records to your new doctor
- Plan for your special needs
- Discuss special care needs with the adult doctor



If you have any questions, please ask.

This information is intended for patients 12 years and older.

The term “parent” refers to all caregivers.