



FOR PARENTS/CAREGIVERS

Talking with Your Child's Doctor about Transition to Adult Health Care



BEFORE YOUR YOUNG ADULT LEAVES THEIR PEDIATRIC DOCTOR

- At what age does my child need to change to a new adult doctor?
- When does my child start to meet with you on his/her own for part of the visit to help with independence in health care?
- How can my child become more in charge of his or her own health? Do you have a checklist of self-care and readiness for adult health care skills that my child needs to learn? (If they do not have a check list, you can refer the doctor to the transition readiness form at www.gottransition.org.)
- Will you include my child's self-care needs as part of his/her plan of care?
- Can I work with you to prepare a Medical Summary and Emergency Care Plan for my child? (You can refer the doctor to the medical summary form at www.gottransition.org.)
- Before my child turns 18 and becomes a legal adult, what information about privacy and consent does my child need to learn about? If my child needs help with making health decisions, where can I learn about legal options for making health decisions, and when should I start to work on this?)
- Will you help my child move to a new adult doctor?
 - Do you know any adult doctors that you can refer me to?
 - Do you know if they take my child's insurance?
 - Will you talk with the new adult doctor and send my child's current medical summary?



BEFORE YOUR YOUNG ADULT MAKES AN APPOINTMENT WITH AN ADULT DOCTOR, ASK THE PRACTICE:

- Do you take my young adult's my health insurance?
- Where is the office located? Is there parking or is it near a metro/bus stop?
- What are the office hours, and do you have walk-in times?
- How does my young adult make or change an appointment?
- Can the new adult doctor help my child find adult specialty doctors, if needed?

AFTER AN APPOINTMENT IS MADE, A WEEK BEFORE THE APPOINTMENT HAVE YOUR YOUNG ADULT CALL THE OFFICE AND ASK:

- Did the doctor receive my (young adult's) medical summary from the pediatric doctor? (If medical summary was not received, the parent should call pediatric doctor to remind them to FAX the medical summary before first adult doctor visit).
- What should I (my young adult) bring to the first visit?

