



FOR PARENTS/CAREGIVERS: QUESTIONS TO ASK YOUR CHILD'S DOCTOR ABOUT TRANSITIONING TO ADULT HEALTH CARE*

DURING YOUR CHILD'S ADOLESCENT YEARS:

- How do I best prepare my child to meet with you alone for part of their visit to become more independent when it comes to their own health and health care? When will they start to have time alone with you?
- What does my child need to learn to get ready for adult health care? Do you have a checklist of self-care skills that my child needs to learn?
- Can I work with you to prepare a medical summary for my child and, if needed, a plan for what to do in case of an emergency?
- Before my child turns 18 and becomes a legal adult, what information about privacy and consent do we need to learn about? If my child needs help with making health decisions, where can I get information about this?
- At what age does my child need to change to a new doctor for adult health care?

BEFORE TRANSFERRING TO A NEW ADULT DOCTOR:

- Do you have any suggestions of adult doctors for my child to transfer to?
- What kinds of doctors in adult care does my child need (e.g., a primary care doctor, a specialist, a behavioral health provider)?
- Will you send my child's medical summary to the new adult doctor?
- If needed, will you communicate with the new adult doctor about my child's care?
- Before the initial visit is made to the new adult doctor, will you still refill their medicines and treat them for acute care needs?

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*The American Academy of Pediatrics, American Academy of Family Physicians, and American College of Physicians recommend that all youth and young adults work with their doctor or other health care provider to build independence and prepare for the transition to adult care. For more information about transition, please visit gottransition.org/youth-and-young-adults and gottransition.org/parents-caregivers.