



FOR YOUTH AND YOUNG ADULTS: QUESTIONS TO ASK YOUR DOCTOR ABOUT TRANSITIONING TO ADULT HEALTH CARE*

DURING YOUR ADOLESCENT YEARS:

- When do I start to meet with you on my own for part of the visit to become more independent when it comes to my own health and health care?
- What do I need to learn to get ready for adult health care? Do you have a checklist of self-care skills that I need to learn?
- Can I work with you to prepare a medical summary for me and, if needed, a plan for what to do case of an emergency?
- When I turn 18, what information about privacy and consent do I need to know about? If I need help with making health decisions, where can I get information about this?
- At what age do I need to change to a new doctor for adult health care?
- Do you have any suggestions of adult doctors to transfer to?

BEFORE MAKING THE FIRST APPOINTMENT TO A NEW ADULT DOCTOR:

- Do you take my health insurance? Do you require any payment at the time of the visit?
- Where is your office located? Is there parking or is it near a metro/bus stop?
- What are your office hours, and do you have walk-in times?
- What is your policy about making and cancelling appointments?
- How will I be able to communicate directly with the doctor after my visit or in the evenings?
- If needed, can the new adult doctor help me find adult specialty doctors?

BEFORE THE FIRST VISIT TO THE NEW ADULT DOCTOR:

- Did you receive my medical summary from my pediatric doctor? (Call your pediatric doctor to remind them to send the medical summary before your first visit to the new adult doctor.)
- What should I bring to the first visit?
- Who can help me when you are not available?

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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.