Do you want to learn about transitioning to adult health care?

These tools can help you learn about moving from pediatric to adult health care.

- What is health care transition (HCT)?
  - Watch the HCT 101 Video

- Are you ready to transition to adult health care?
  - Take our quiz

- What transition topics should you think about each year?
  - Timeline

- Is your health information on your smartphone?
  - Set up your “Medical ID”

- What questions should you ask your doctor about transition?
  - List of questions to ask

- What changes for your health care when you turn 18?
  - Here’s how they differ

- What are the differences between pediatric and adult health care?
  - Sample IEP health goals

- Do you know how to find an adult doctor?
  - Tips to find an adult doctor

- Do you have an Individualized Education Plan (IEP)?
  - Readiness assessments for different needs

- Are there assessments to check your readiness for transition?

Youth, young adults, and families:

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For more information, visit GotTransition.org.

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