

Youth, young adults, and families: 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?



Turning 18:
What it Means
for Your Health

What are the differences
between pediatric and adult
health care?



Here's how
they differ

Do you know how to find an
adult doctor?



Tips to find an
adult doctor

Do you have an Individualized
Education Plan (IEP)?



Sample IEP
health goals

Are there assessments to check
your readiness for transition?



Readiness
assessments for
different needs



For more information, visit GotTransition.org.

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