

Health Care Transition Timeline

For Utah Youth and Young Adults

Age 16-17

If you haven't already done so,

- Make appointments with your health care provider, see the health care provider alone for at least part of the visit to gain independence, ask the health care provider any questions you have, and refill medications.
- Ask the health care provider to talk with you about your privacy rights when you turn 18.
- Work with your health care provider to make a medical history summary. Keep a copy for yourself.
- Learn how to use electronic health records to manage your health and wellness.
 - Make sure another adult you trust has access to your health records.
 - Learn about consent for treatment and consent to share your health records.
- Before you turn 18 and become a legal adult, figure out if you will need legal guardianship and/or supported decision making to help with health care decisions.
- Before you turn 18, speak with your parent/caregiver about the age you want to meet and transfer to a new health care provider for adult care.
- Update your health information on your iPhone or Android smartphone.

Transition Resources

- Investigate the Division of Services for People with Disabilities (DSPD) <https://medicaid.utah.gov/apply-medicaid/>
- Learn about and apply for SSI <https://www.ssa.gov/ssi/>
- Learn about and apply for Medicaid (State health insurance) <https://medicaid.Utah.gov/apply-medicaid/>
- Look at the Utah Parent Center Website for transition information <https://utahparentcenter.org>
- Read "Turning 18: What it Means for Your Health" <https://gottransition.org/resource/?turning-18-english>

- Find out what “guardianship” means http://disabilitylawcenter.org/wp-content/uploads2/2020/01/Guardianship_factsheet_web.pdf
- Learn about alternatives to guardianship http://disabilitylawcenter.org/wp-content/uploads2/2019/12/Alternatives-to-Guardianship_factsheet_web.pdf
- Review the Supported Decision Making Resource Library <https://www.aclu.org/other/supported-decision-making-resource-library?redirect=supported-decision-making-resource-library>
- Read “Questions to Ask your Health care provider About Transitioning to Adult Health Care” <https://gottransition.org/resource/?hct-questions-ask-health-care-provider-youth>
- Review the Healthy Adulthood Tool Kit <https://younginvincibles.org/wp-content/uploads/2018/10/2018-Healthy-Adulthood-Toolkit.pdf>
- Update your medical summary <https://www.medicalhomeportal.org/living-with-child/after-a-diagnosis-or-problem-is-identified/caring-for-children-with-special-health-care-needs/managing-and-coordinating-care/care-notebook>
- Update your health information on your iPhone or Android smartphone <https://gottransition.org/resource/?setting-up-medical-id-smartphones>
- If you need help or have transition questions, click on the following link <https://health.utah.gov/cshcn/programs/transition.html>

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