

# Health Care Transition Timeline

For Utah Youth and Young Adults

## Age 18-21

### Things to consider:

- You are a legal adult at age 18 and are legally responsible for your care unless other legal arrangements have been made. Parents/Caregivers cannot access your medical information or be in the health care provider's visit unless you give consent or a parent/caregiver has guardianship rights.
- 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.
  - Obtain necessary consent so that the adult you trust can access your health records in an emergency.
- Work with your current health care provider to find a new adult health care provider, if needed. Make sure that the new health care provider accepts your health insurance.
- Update your medical history summary with your health care provider. Have your health care provider send the summary to your new adult health care provider. Keep a copy for yourself.
- Call your new adult health care provider to schedule the first appointment. Make sure the new office has your medical information, contact information, and learn about the charges at the visit.
- Learn if there are additional changes at 18 (for example: health insurance, Social Security Income) that affect you by reading the resources below or speaking to your care coordinator.
- Consider establishing legal guardianship and/or supported decision making to help with health care decisions.
- 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 (Social Security disability payments) <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>
- Find out what “guardianship” means [http://disabilitylawcenter.org/wp-content/uploads2/2020/01/Guardianship\\_factsheet\\_web.pdf](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](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>
- 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>
- Find and adult provider <https://illinoisAAP.org/wp-content/uploads/2020/01/Finding-Adult-Providers.pdf> *This is a good resource to look at questions to ask the adult provider’s office before you go to your first appointment.*
- Look at health insurance options <https://www.healthcare.gov/young-adults/coverage/>
- 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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