











PLANNING TO MOVE FROM PEDIATRIC TO ADULT CARE? HERE'S HOW THEY CAN DIFFER

Health care for youth is different than health care for adults. In an adult care setting, you manage your care, while you can involve your parents/caregivers if you choose. This table describes some of the changes that occur when you move to an adult doctor.

Please circle any items in the Adult Care column that you have questions about. Bring this to your next doctor visit to start a conversation about any questions you may have.

| Pediatric Care (Where you are now) | | Adult Care (Where you will be) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| You have been seeing your doctor for a long time and may feel familiar and comfortable with them. |  | Seeing a new doctor for the first time may be stressful. The new doctor will be asking you many questions to learn about you and your medical history. |
| Parent/caregiver is usually with you for part of your visit. |  | Young adult sees the doctor alone, without parent/caregiver present. |
| Parent/caregiver helps answer questions from the doctor and explains your medical conditions, including any medications and family history. |  | Young adult answers questions and explains their medical conditions, including any medications and medical history. |
| Parent/caregiver is involved in making decisions about your treatment. |  | Young adult makes the decisions about their treatment, asking their parents/caregivers as needed. |
| Parent/caregiver helps to schedule appointments, notifies the office if you cannot attend the visit, and obtains your prescriptions. |  | Young adult schedules their own appointment, notifies the office if they cannot attend the visit, and obtains their own prescriptions. |
| Parent/caregiver helps you follow your treatment plan and reminds you to take your medications. |  | Young adult takes responsibility for their treatment plan and takes their medications on their own. |
| Parent/caregiver has access to your health information, including information about your treatment and test results. |  | Health information is confidential unless young adult gives permission for parent/caregiver or someone else to see it. |
| Parent/caregiver has your health insurance information and pays the visit copay (if required). |  | Young adult carries their own insurance card and pays the visit copay (if required). |
| Parent/caregiver keeps a record of your past medical history and immunizations. |  | Young adult keeps their own medical history and immunizations records. |
| Many pediatric specialists provide both specialty and primary care. If this occurs, involvement of the primary care pediatric doctor in your care may be less. |  | Many adult specialists may not provide primary care, so young adults need to have and regularly see a primary care adult doctor as well as their specialist. |

YOUTH AND YOUNG ADULT THOUGHTS ON MOVING TO ADULT CARE

“The fact that I will have to go ... and not being familiar with it. That’s probably where the nervousness comes in.”

“I guess that’s one of the reasons I’m not jumping to change doctors is because I feel close to him and I trust him.”

From **youth** in **pediatric care**¹

From **young adults** in **adult care**¹

“They treat you more maturely. They expect you to know your responsibilities and stuff ... I like it. I like to have responsibility. I mean it’s knowing ... you have to know your medications and everything.”

“She gave me this big talk about some of the new things I’m going to encounter as an adult with a chronic condition. And she just opened my eyes to a lot of things.”

TIPS FOR PREPARING FOR YOUR MOVE TO ADULT HEALTH CARE

- Write down a list of questions and concerns you have before coming in to see your doctor.
- Keep a list of your medications and how much you take. You can take a picture of your medication label and bring it with you to your appointment. Also include any medications you are allergic to.
- Keep the phone number of your doctor in your phone or somewhere you can easily find it.
- Ask your doctor where to get care for illnesses or injuries that occur after office hours or on the weekend.
- Ask your doctor when you should go to Emergency Care or when you should go to Urgent Care.
- Ask your doctor if there is an online portal or an app you can use to look up your health information, contact information, or to schedule appointments.
- Keep your health insurance card with you always.
- Keep a record of your medical history and vaccinations to share with your new doctor.

TEST HOW READY YOU ARE TO MOVE TO ADULT CARE BY TAKING THIS QUIZ:

<https://gottransition.org/youth-and-young-adults/hct-quiz.cfm>

¹Tuchman LK, Slap GB, and Britto MT. Transition to adult care: Experiences and expectations of adolescents with a chronic illness. *Child: Care, Health and Development*. 2008; 34(5):557-63.