

YOUR HEALTH YOUR FUTURE



YOUR WAY

PREPARING FOR ADULT CARE

CHOC is here to help our patients be as healthy as possible, all the way into adulthood. Your medical team will help you and your family, starting at ages 12, prepare for the change from a pediatric model of care to an adult model of care. A pediatric model of care is where parents/caregivers make most choices. An adult model of care is where you will make your own choices.

WHAT TO EXPECT

- ◇ Preparing for adult healthcare is important whether you see your doctor often or once a year.
- ◇ Starting at age 12, part of your doctor visits will focus on your health knowledge and skills.
- ◇ You will practice speaking for yourself and being active in the appointment by meeting alone with your medical team.
- ◇ Your medical team will help you set goals and plan for important issues such as insurance changes and getting ready for work or college.
- ◇ At 18, you will become a legal adult and will choose who has access to your health information. Parents and guardians will not be able to talk to your doctor or insurance plan without signed consent from you.
- ◇ No matter how old you are, we always encourage patients to include their support system in their care. Many patients choose their parents, but this could also be a trusted family member or friend.

MAKING THE MOVE TO ADULT CARE

All of our patients will graduate from our clinic into adult care. We will partner with you and your family to decide the best time to transfer to an adult doctor and recommend that this happens before the age of 21. You won't do it alone. We are here to help you practice being independent, develop a health plan that works for you, and coordinate with the adult care team you'll see next.

Based on GotTransition's Transition and Care Policy Guide



As always, if you have any questions or concerns, please feel free to contact your CHOC provider.

To learn more about taking charge of your healthcare, visit choc.org/A2B.

Adolescent to Adult Healthcare Transition

STEPS ALONG THE JOURNEY FOR TEENS WHO WILL BE INDEPENDENT IN THEIR CARE

Age

- 12-14** Know your illness & why you take medicine
- 12-14** Spend part of visit alone with doctor
- 12-14** Know what to do in an emergency
- 12-14** Practice healthy lifestyle habits
- 12-14** Learn about reproductive health
- 12-14** Know how drugs & alcohol affect your health
- 12-14** Get support from others
- 15-17** Take part in appointments & ask questions
- 15-17** Explain your condition & name your medicines
- 15-17** Know why tests are done
- 15-17** Contact your medical team, when needed
- 15-17** Take medicine on your own & order refills
- 15-17** Plan for school & career goals
- 15-17** Book your appointments & check yourself in
- 15-17** Fill out medical forms with help
- 15-17** Speak up for yourself
- 15-17** Learn about health insurance
- 15-17** Know what changes when you turn 18
- 15-17** Know basic needs & independent living skills
- 18-21** Learn about adult care
- 18-21** Consent to medical treatment
- 18-21** Pick who's involved in your care
- 18-21** Get a primary care doctor & specialists (if needed)
- 18-21** Graduate CHOC & Transfer Care



Adolescent to Adult Healthcare Transition

STEPS ALONG THE JOURNEY FOR CAREGIVERS & TEENS WHO NEED ONGOING SUPPORT

Age

- 12-14** Know your child's condition and medications
- 12-14** Have a plan for emergencies
- 12-14** Establish social supports
- 15-17** Know test names and purposes
- 15-17** Identify ongoing care needs
- 15-17** Start school transition planning
- 15-17** Explore decision-making support needs
- 18-21** Connect with supportive adult services
- 18-21** Understand pediatric & adult care differences
- 18-21** Anticipate health insurance changes
- 18-21** Choose healthcare partners
- 18-21** Graduate CHOC & transfer care

