

## MEMBER TIP SHEET

### Health Care Transition from Adolescence to Adulthood

#### What is a Health Care Transition?

A **Health Care Transition** focuses on preparing a teen or young adult for an adult model of health care,

As your child enters adulthood, they need to learn how to care for their own medical needs. Teenagers may be afraid to speak openly with their pediatrician and get treatment. This Member Tip Sheet includes steps you can take to help your teen or young adult feel confident, supported, and prepared to take control of their health and set up care with new providers.

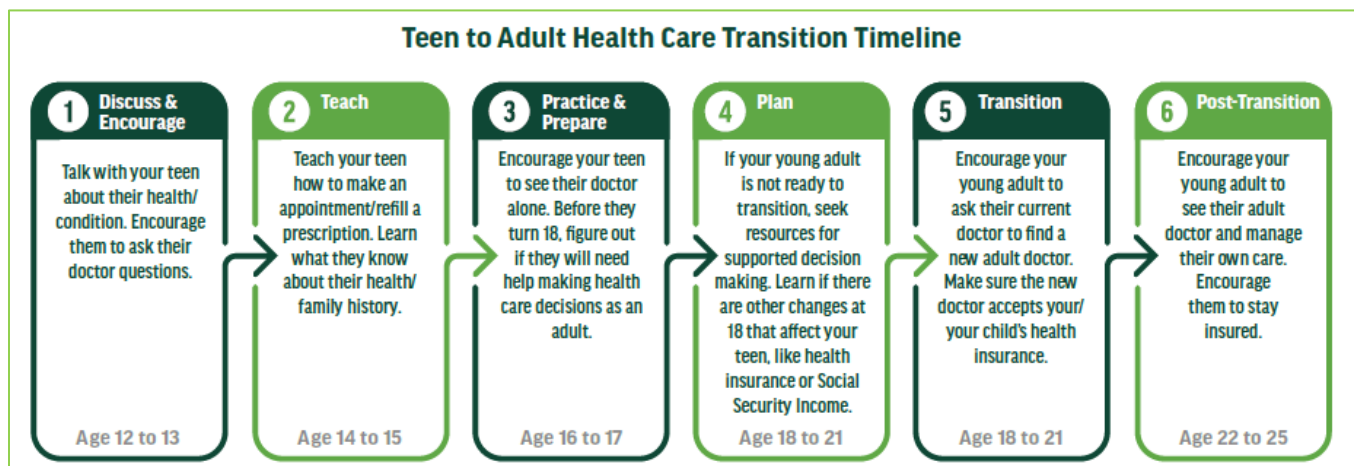
#### Health Care Transition Team

A teen/young adult's health care transition team includes:

- Young adult
- Parents/guardians
- Primary care provider
- Specialty care providers
- Other providers or support staff, if appropriate

#### Timeline

The right time to switch to an adult health care provider depends on your teen or young adult's **Age** and **Developmental Stage**. The process should begin around ages 12-13. A good age range to complete the transition is usually **between 18 and 21**. You can make this decision with the help of your teen or young adult's pediatrician.



Source: <https://www.gottransition.org/resource/?hct-timeline-parents-caregivers>

## Selecting a New Adult Health Care Provider

When helping your teen/young adult find a new provider, keep these things in mind:

- **Insurance coverage** – Do they accept your/your child's insurance? If you have a copay, what will it be?
- **Office locations** – Is there more than one office location? Is at least one location near your home?
- **Hospitals** – Are they associated with any local hospitals or health systems?
- **Language(s) spoken** – Is it important that your provider or their staff is bilingual? What language(s) would you like them to speak?
- **Gender** - Is your child more comfortable with a male or female provider?

Other questions to ask yourself:

- Is it important that a new primary care provider have experience treating my child's special health care needs? If they do not have experience, do they work with or can they connect me with other professionals who do?
- Will the new doctor or clinic help coordinate my child's care with other medical specialists?

## Support

Your teen/young adult's current provider should offer support through:

- Encouraging you and your child to choose a new doctor who is trustworthy and makes your child feel safe and heard.
- Helping you find a new doctor and transferring your child's records before they leave pediatric care.
- Encouraging you to stay in touch, especially during the beginning of the transition.
- Helping you and your child make health care decisions together until your child feels able to manage their care themselves.
- Talking about the possibility of your child giving you temporary access to their medical records.
- Explaining to your child that taking responsibility for their actions and making decisions about their health is a part of growing up and that doing so is a sign of maturity.

Community First is also here to help. To speak with a Community First Health Educator who can help you and your child through the health care transition process:

- Email [healthyhelp@cfhp.com](mailto:healthyhelp@cfhp.com) or
- Call 210-358-6055