



This sheet gives you information about how you can choose a new health care provider that takes care of adults.

### Key points

- Soon you will need to make a change from a pediatric (children's) provider to an adult provider.
- This decision doesn't have to be hard to make. But there are a lot of things you should think about as you narrow down your choices.
- Start by asking your current provider for recommendations.

You have some choice about who your new health care provider will be. There are many different things to think about as you start to make a decision about an adult provider.

It may take some time for you and your new provider to get to know each other. This is true with most new relationships.

### Why do I need an adult provider?

Choosing a new adult provider is part of the transition process. Your new adult provider will manage your age-appropriate medical care. It's a similar change to the way you graduate from high school and move on to what's next. People move from the pediatric health care system to the adult system in this way.

### When will I find a new provider?

The timing of making the change is different for everyone. This decision is usually made based on what your current providers think is the best timing, your medical history and your own personal needs.

Adult providers are qualified to take care of young adults starting at age 18. Most people make the transition to an adult care provider at some point in their 20s.

### How do I find a new provider?

**Step 1:** Ask your current provider for recommendations.

**Step 2:** Go to your health insurance website to look for available providers.

**Step 3:** Consider the list of preferences to the side and ask providers and practices about these topics when you reach out.

**Step 4:** Call or look up practices (doctor's offices) online to ask if they're accepting new patients and for more information.

### What else should I be considering in my search for a new provider?

It's important to decide what's most important to you and your family in starting this new relationship. You can organize your search to make sure you can find someone who will be able to provide what you need.

Some things to think about are:

- What kind of insurance do they take?
  - Your current insurance and/or secondary insurance plan
  - Future life changes and qualifying life events (please see the "A Young Adult's Guide to Health Insurance" sheet for more information)
- Is the practice connected with a large medical center or is it a smaller community practice?
  - Think about future transition needs
  - Think about active care team members (specialty providers) and where those transitions may take place
- What kind of care coordination support is offered?
  - Referrals for specialty care
  - Durable medical equipment refills
  - Home support staff ordering/prescriptions
  - Communication/information sharing with specialty providers
  - Availability of clinical providers (case manager, social worker, etc.)
- Do you want a male or female provider?
- How accessible is the practice?
  - Parking onsite
  - On or near public transportation
  - Wheelchair accessibility, handicap exam tables, etc.
  - Assistive device availability
  - Interpreter services
- Where is the practice located?
  - Close to home vs. downtown/in a city



- What are practice specifics?
  - Office hours (what kind of evening/weekend availability is there?)
  - After hours/on-call services
  - Sick visits/same day appointments
  - Other services on site (lab, radiology, etc.)
  - In case of an emergency, which hospital's emergency department would you be referred to?

## Resources

- Social Work transition committee insurance brochure:
  - [For parents](#)
  - [For young adults](#)
- MassHealth secondary insurance (as it applies to autism spectrum disorder):  
[extapps.childrenshospital.org/efpec/Home/Sheet/5519](https://extapps.childrenshospital.org/efpec/Home/Sheet/5519)
- [Transfer of Care to Adult Providers: A Guide for Young Adults](#)
- [Your Child's Transfer to Adult Providers](#)
- [Release of Information form](#)
- [Boston Children's Hospital Patient Portal](#)
- [Boston Children's Medical Release Form](#)
- [Developing Medical Summary Family Education Sheet](#)