

Family Education Sheet

Preparing for Transition



Boston Children's Hospital

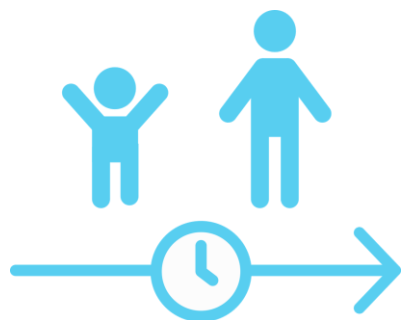
BRIDGES Adult Transition Program

View more health education materials at
www.bostonchildrens.org/familyeducation

This Family Education sheet tells you about making a transition (change) from pediatric (children and teens) health care providers to adult health care providers.

Key points

- Transitioning to adult care providers is important because young people and adults have different health care needs.
- You'll talk to your current health care providers and make a plan for this transition together.
- You'll need to decide on a health care proxy. This is someone who can manage your health care if you're not able to.



Making the transition (change) from pediatric to adult providers is usually done during the adolescent to young adult years. It's a good idea for most people to make this transition to adult providers in order to make sure they're getting age-appropriate care (the right care for their age). It's a good idea to make a transition plan. This is a very personal process and the timing is different for everyone.

Why do I need to transition?

Adult providers are trained to manage adult healthcare needs. This includes age-specific screening, diagnosis and treatment. The treatment plans put in place by pediatric providers will be updated to make sure they're right for you as an adult.

When will I make the transition?

It depends on a lot of things. Transition is a process. Talking about transition should start early in order to make sure you'll be getting age-appropriate care as you get older. You or your provider may start these conversations around transition early. You can then work together to create a plan that's right for you.

How do I get ready for transition?

- Talk about a good timeline for your transition with each of your medical providers.

- Make a list of what you need and want when picking out your new provider.
- Think about these steps to gain independence in your health care as you get ready for a visit with a new provider:
 - Try seeing your current provider alone or for part of the visit.
 - Practice talking about your diagnoses, personal care needs, treatment and medication routine(s).
 - Practice writing out your medication and treatment schedule. Keep this schedule so it's handy if you need it.
 - Carry your insurance card.
 - Understand your policy.
 - Update your medical ID on your smartphone (<https://gottransition.org/resourceGet.cfm?id=539>).

What are some things about transition that I should think about?

You'll legally be your own decision-maker when you turn 18 years old. It's important that you think about choosing a health care proxy (someone you trust to manage your health care in case you're not able to). You should talk with your caregiver(s) and family members about who this proxy might be.

- Your health care proxy will **not** automatically be able to get information about your medical care once you turn 18. You need to sign a form called a release of information if you want a parent or caregiver to be involved in your care.

Resources

- [Developing Medical Summary Family Education Sheet](#)
- [Health Care Proxy Family Education Sheet](#)
- [What Happens When I Turn 18?](#)
- [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](#)