

Transitioning to Adult Care: Difference between Pediatric and Adult Care.

There are a few differences between pediatric and adult health care. Talk with your pediatric health care team about these differences and what to expect when you change to adult care.

Pediatric Health Care	Adult Health Care:
Right now your caregivers will:	When you turn 18 you will:
Plan a ride for your visits.	Plan how to get to your visits.
Take you to your visits and stay with you for most or all your visits.	See the doctor alone unless you agree for someone to be with you during your visits.
Sign consents, releases of information and decide who has access to your health information.	Sign consents, releases of information and decide who has access to your health information.
Have access to your health information, such as test results. This includes access to your patient portal (MyChart).	Be the only one with access to your health information, unless you give permission for someone to see it. <ul style="list-style-type: none"> • Your caregivers do not have access to your patient portal (MyChart) after you turn 18 years old unless you give permission.
<ul style="list-style-type: none"> • Talk with your care team about your current and past health and medicines. • Answer questions from your care team. Ask questions about your care. 	<ul style="list-style-type: none"> • Talk with your care team about your current and past health and medicines • Answer questions from your care team • Ask questions about your care
Make choices about your care.	Make your own choices about your care and ask your parents/caregivers for help if needed.
Schedule your visits for you.	Schedule your own visits.
Fill prescriptions for your medicines.	Fill prescriptions for your medicines.
<ul style="list-style-type: none"> • Know about your health insurance • Pay for your visits. 	<ul style="list-style-type: none"> • Know what health insurance you have • Keep your health insurance card with you • Pay for your visits.
Talk to your health care team about needing additional services.	Talk to your health care team about needing additional services.
Make sure you have a pediatrician and specialists to care for your different health problems.	Need to pick a primary care doctor and specialists to care for your different health problems.

**Adapted from Got Transition, Planning to Move from Pediatric to Adult Care? Here's How They Can Differ*