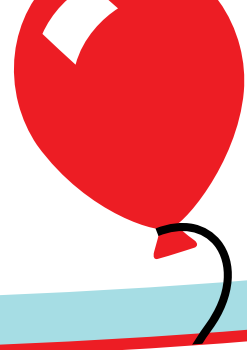


Balloon Notes

About Healthcare Transition



Healthcare transition is the change from child (pediatric) healthcare to adult healthcare. This change includes moving to adult doctors and adult insurance. Below is a list to help plan for your healthcare transition.

1. Building knowledge about medical conditions and medications. This can begin early and includes learning:
 - Medical condition, medications, and medical history
 - Healthy wellness habits including diet, exercise, and sleep
 - Skills to help manage your health such as how to call for a medical appointment, how to fill a prescription, and what to do in an emergency.

2. Determining who will make medical decisions.
 - At the age of 18, a teen becomes a legal adult.
 - An adult is responsible for making medical decisions such as giving permission for medical treatment and deciding who knows about your personal medical information.
 - If a child will not be responsible for making medical decisions as an adult, supported decision-making must be in place.
 - Examples of supported decision-making could include guardianship or medical power of attorney.

3. Finding and transferring care to an adult doctor.
 - Talk with your pediatric doctor about when a new adult doctor is needed.
 - Contact your health insurance company to help identify new adult doctors.
 - Ask your pediatric doctor to talk with your new adult doctor as you transfer your care.

4. Having health insurance to pay for healthcare.
 - Contact your health insurance company to find out when your health insurance will change and options for future health insurance.
 - Select new health insurance that will cover the costs of all medical needs.

Helpful Websites for Transition

General:

Children's Health: www.childrens.com

*Got Transition/Center for Health Care Transition: www.gottransition.org

*Navigate Life Texas: www.navigatelifetexas.org

*Texas Parent to Parent: www.txp2p.org

*Texas Department of State Health Services – *Children with Special Health Care Needs*:
www.dshs.texas.gov/mch/cshcn.aspx

*Texas Workforce Commission: www.twc.state.tx.us

Health Insurance:

*Health Insurance Marketplace: www.healthcare.gov

*Supplemental Security Income: www.ssa.gov/ssi

*Texas Health Insurance Premium Payment (HIPP): www.gethipptexas.com

*Texas Health Options: www.texashealthoptions.com

Medical Decision Making:

*Disability Rights Texas: www.disabilityrightstx.org

*Texas Law Help: www.texaslawhelp.org

Future Planning:

*Federal Student Aid: www.studentaid.ed.gov

Texas Education Agency (TEA): www.tea.texas.gov

*Think College!: www.thinkcollege.net

*U.S. Department of Education: www.ed.gov

*Website available in Spanish