

Balloon Notes

Transitioning to Adult Care



Dear Patient and Family,

The health care transition from being a teen to a young adult is both challenging and exciting. During this transition, our teen patients will reach a time when they are best cared for by doctors that focus on adult health care. This transition from pediatric to adult health care typically occurs when our patients are between the ages of 18 and 21.

Your Children's Health Care Team will help you and your family make a transition plan during visits. This plan may include:

- Building knowledge and skills about medical conditions and wellness
- Determining who will make medical decisions
- Having health insurance and ways to pay for health care
- Making goals for the future.

We will talk with you and your family about the timing of the move from pediatric to adult health care. When it is time to move to adult health care, your Children's Health Care Team will help transfer care, including:

- Finding a new adult doctor
- Sending medical records to this new adult doctor
- Talking to this new adult doctor about health needs.

At the age of 18, teens become legal adults and will be expected to be more responsible for their care. This includes making medical decisions and signing consents to give permission for medical treatment. Permission is also needed for the care team to share an adult's personal health information with family or friends. Without the young adult giving permission, we will not be able to talk to family or friends about their health care. We can help these patients and families learn about other options or legal tools for decision-making.

Your Children's Health Care Team wants you and your family to be ready for this transition to adult care and is here to help. Please contact us if you have any questions or concerns.

**Best Wishes,
Your Children's Health Medical Team**

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About Health Care Transition



Health care transition is the move from child, or pediatric, health care to adult health care. Below is a list to help plan for your health care transition.

1. Build knowledge about health, medical conditions, and wellness. 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 visit, how to fill a prescription, and what to do in an emergency.
2. Determine 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 signing consents to give permission for medical treatment and deciding who knows about personal health information.
 - If a child will not be able to make medical decisions as an adult, another decision-making option or legal tool must be in place.
 - Examples of other options or legal tools for decision-making could include guardianship, supported decision making, or medical power of attorney.
3. Find and transfer 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 find new adult doctors.
 - Ask pediatric doctor to talk with new adult doctor as care is transferred.
4. Have health insurance and ways to pay for health care.
 - 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 medical needs.
5. Make goals for the future.
 - Think about options for school or work.
 - Include goals for adulthood, independence, and future living situations or arrangements.

Helpful Websites for Health Care Transition

Medical Conditions and Wellness:

- *Centers for Disease Control and Prevention: www.cdc.gov/DiseasesConditions
- *KidsHealth: www.kidshealth.org
- *MedlinePlus: www.medlineplus.gov/childrenandteenagers.html
- WebLitLegit: www.safercaretexas.org/weblitlegit

Medical Decision Making:

- *Advance Directives: <https://hhs.texas.gov/laws-regulations/forms/advance-directives>
- *The Arc of Texas: www.thearcoftexas.org/alternatives-to-guardianship/
- *Disability Rights Texas: www.disabilityrightstx.org
- *Texas Council for Developmental Disabilities: www.tcdd.texas.gov/resources/guardianship-alternatives/
- Texas Law Help: www.texaslawhelp.org

Health Insurance:

- *Health Insurance Marketplace: www.healthcare.gov
 - *Medicare: <https://www.medicare.gov/>
 - *Supplemental Security Income: www.ssa.gov/ssi
 - *Texas Department of Insurance: <https://www.tdi.texas.gov/>
 - *Texas Health and Human Services: <https://hhs.texas.gov/services/health/medicaid-chip>
 - *Texas Health Insurance Premium Payment (HIPP): www.gethipptexas.com
 - *Texas Health Options: www.texashealthoptions.com
- A Roadmap to Better Care and a Healthier You (Booklet):
www.marketplace.cms.gov/outreach-and-education/downloads/c2c-roadmaps.pdf

Future Planning:

- Going to College: www.going-to-college.org
- *Federal Student Aid: www.studentaid.ed.gov
- Texas Education Agency (TEA): www.tea.texas.gov
- *Texas Project First: www.texasprojectfirst.org
- Texas Transition: <https://www.texastransition.org/>
- *Texas Workforce Commission: www.twc.texas.gov
- *Think College!: www.thinkcollege.net
- *U.S. Department of Education: www.ed.gov

Programs and Foundations:

- *Got Transition/Center for Health Care Transition: www.gottransition.org
- *Navigate Life Texas: www.navigatelifetexas.org
- *Partners Resource Network: www.prntexas.org/texas-ptis/path-project/
- *Texas Department of State Health Services – *Children with Special Health Care Needs*:
www.dshs.texas.gov/mch/cshcn.aspx
- *Texas Parent to Parent: www.txp2p.org

For more resources visit: www.childrens.com

***Websites available in Spanish**