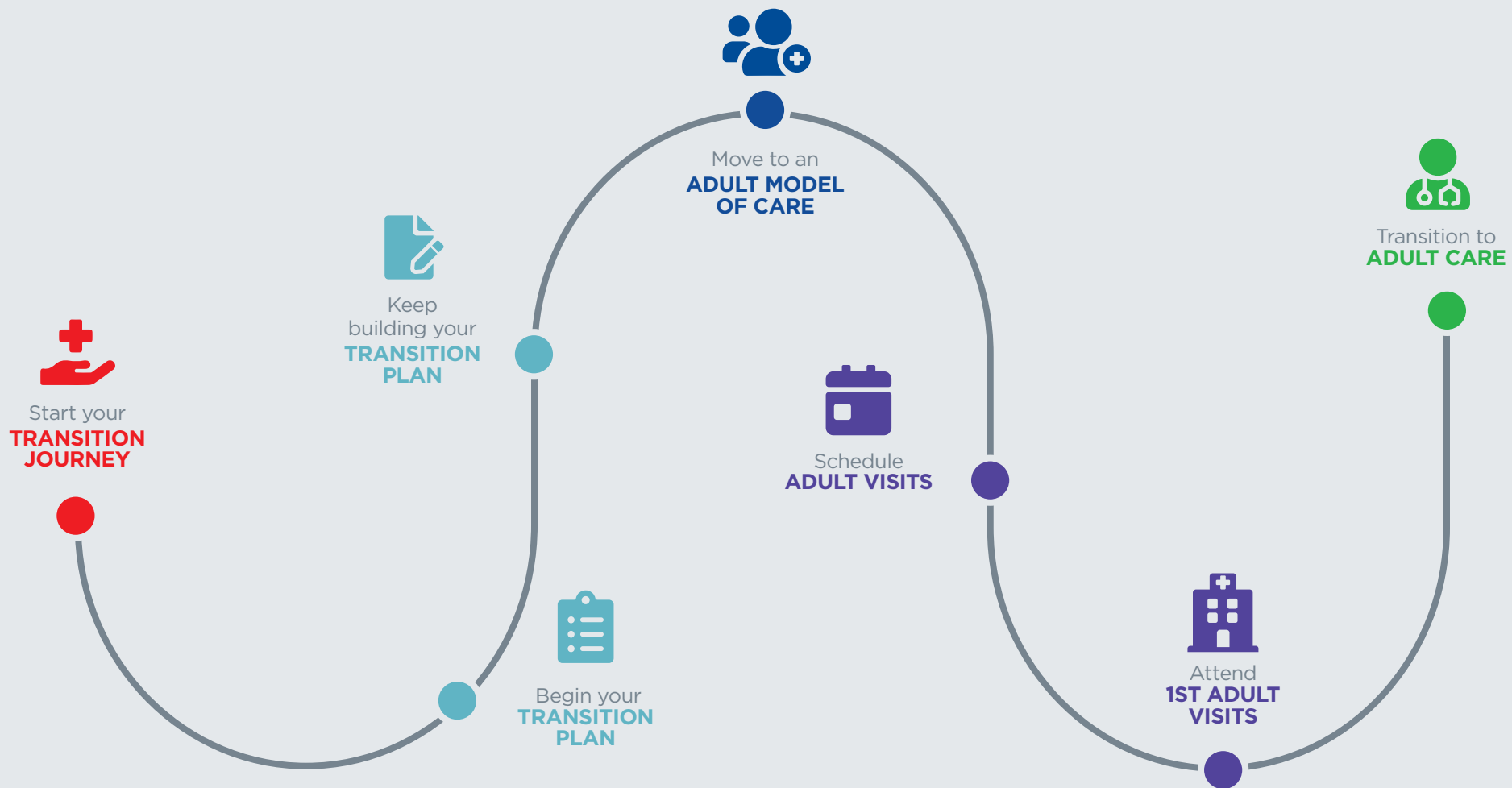


Your journey to Health Care Transition



Steps to Health Care Transition

TRANSITION STARTS



Start your **TRANSITION JOURNEY**

- When it is time, you will work with your care teams to start your health care transition journey.
- You will talk about:
 - » What to expect during your transition.
 - » How to build a plan for transition.
 - » What age you will transition to adult doctors.
- Sign up for MyChart to get access to your medical records.

TRANSITION PLANNING



Begin your **TRANSITION PLAN**

- Start making a transition plan with your care teams.
- Your care teams will give you tools to :
 - » Learn about your medical condition, medicines and wellness.
 - » Decide who will be making your medical decisions after age 18 and if legal tools will be needed.
 - » Plan for your future: school, work, and living situations.

ADULT MODEL OF CARE



Keep building your **TRANSITION PLAN**

- Continue transition planning with your care teams.
- As you build your transition plan, we will give you tools to:
 - » Practice skills to help you manage your health.
 - » Make medical decisions and have legal tools in place before you turn age 18.
 - » Make goals for your future.
 - » Learn about health insurance and decide how you will pay for health care in the future.
 - » Find new adult doctors.

TRANSFER TO ADULT DOCTORS



Move to an **ADULT MODEL OF CARE**

- At the age of 18, start making your own medical decisions. You are now a legal adult.
 - Care teams will ask you to sign consents. This gives permission for medical treatment.
 - Care teams will ask you to sign a permission form. This tells us who we can share your personal health information with.
- *These do not apply if another medical decision-making option or legal tool is in place.

TRANSITION TO ADULT CARE



Schedule **ADULT VISITS**

- Tell us when you have found a new adult doctors. We can send a referral and copy of your medical records.
- Ask for a medical summary to give to your new adult doctors.
- Call your new doctors to schedule or confirm your upcoming visit.



Attend **1ST ADULT VISITS**

- Be ready to complete “new patient” forms, sign consents, and bring copies of medical decision making and legal tools with you.
- Talk to your new care teams and ask questions.
- Understand your care plan and any updates or changes to your care.
- Make follow up appointments, if your doctors tells you to.



Transition to **ADULT CARE**

- Congratulations! You have graduated from Children’s Health and it is now time to fully transfer your care to your adult doctor.**
- Continue visits to new adult doctors as needed.