Your journey to Health Care Transition

Start your TRANSITION JOURNEY

Keep building your TRANSITION PLAN

Move to an ADULT MODEL OF CARE

Schedule ADULT VISITS

Begin your TRANSITION PLAN

Attend 1ST ADULT VISITS

Transition to ADULT CARE

Making life better for children.
# 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.

### 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.

## Adult Model of Care

### 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.

## Transfer to Adult Doctors

### 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.

### 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.

## Making life better for children.