

## PLANNING TO MOVE FROM PEDIATRIC TO ADULT CARE? HERE'S HOW THEY CAN DIFFER

Health care for youth is different than health care for adults. In adult care, you are in charge of your own care and involve your parents/caregivers if you choose. These are some of the changes that happen when you move to adult care.

**Please circle any items in the Adult Approach to Care column that you have questions about.**  
Bring this to your next doctor visit to start a conversation about any questions you may have.

| <b>Pediatric Care<br/>(Where you are now)</b>   | <b>Adult Approach to Care<br/>(Where you will be)</b>                               |   |
|---|---|---|
| Your parent/caregiver is with you for most or all of your visit.  |    | You see the doctor alone unless you agree for others to be present.   |
| Your parent/caregiver helps answer questions and explain your medical conditions, any medicines, and medical history. |    | You answer questions and explain your medical conditions, medicines, and medical history.                               |
| Your parent/caregiver is involved in making choices about your care.  |   | You make your own choices about your care, asking your parents/caregivers as needed.                                    |
| Your parent/caregiver helps make appointments and get your medicines.   |  | You make your own appointments and get your medicines.  |
| Your parent/caregiver helps with your care and reminds you to take your medicines.                                    |  | You take control of your care and take medicines on your own.   |
| Your parent/caregiver can see your health information, including test results.  |  | Health information is private unless you agree to let others see it.  |
| Your parent/caregiver knows your health insurance and pays any charges at the visit.                                  |  | You keep your health insurance card with you and pay any charges at the visit.  |
| Your parent/caregiver keeps a record of your medical history and vaccines.  |  | You keep a record of your medical history and vaccines.   |
| Many pediatric specialists provide both specialty and some primary care.  |  | Adult specialists often do not provide primary care, so you need to have a primary care doctor along with a specialist. |

"The fact that I will have to go ... and not being familiar with it. That's probably where the nervousness comes in."

"I guess that's one of the reasons I'm not jumping to change doctors is because I feel close to him and I trust him."

From **youth in pediatric care<sup>1</sup>**

From **young adults in adult care<sup>1</sup>**

"They treat you more maturely. They expect you to know your responsibilities and stuff ... I like it. I like to have responsibility. I mean it's knowing ... you have to know your medications and everything."

"She gave me this big talk about some of the new things I'm going to encounter as an adult with a chronic condition. And she just opened my eyes to a lot of things."

### TIPS FOR PREPARING FOR YOUR MOVE TO ADULT HEALTH CARE

- Write down a list of questions and concerns you have before seeing your new doctor.
- Keep a list of your medicines, how much you take, and any allergies to medicines. You can take a picture of your medicines label and bring it with you to your visit.
- Keep your doctor's phone number in your phone or somewhere you can easily find it.
- Keep your health insurance card with you always.
- Keep a record of your medical history, allergies and vaccines to share with your new doctor.
- Ask your doctor where to go if you need to get care after office hours or on the weekend.
- Ask your doctor to explain information you do not understand
- Ask your doctor if there is an online portal or an app you can use to look up your health information, contact information, or to make appointments.

### TEST HOW READY YOU ARE TO MOVE TO ADULT CARE BY TAKING THIS QUIZ:

<https://www.gottransition.org/youth-and-young-adults/hct-quiz.cfm>

<sup>1</sup>Tuchman LK, Slap GB, and Britto MT. Transition to adult care: Experiences and expectations of adolescents with a chronic illness. *Child: Care, Health and Development*. 2008; 34(5):557-63.