



Checklist for Transitioning to Adult Health Care

Someday a transition from pediatric health care providers to other providers who see adults will be necessary. Parents of children who have gone through the process of transitioning to adult health care created this checklist to help others know what to expect and how to plan, making the change smoother and easier.

Use this checklist as a tool to talk with your child's providers. Each child and family has unique needs for transition that are best planned for with your current providers. Some questions may apply to you and some may not. This checklist also provides suggestions and resources to help you and your family.

Tips for using this checklist

- Take your time. Ideally, this process will occur over a period of years.
- Start these conversations with your child's providers starting around age 13. Include your son or daughter as much as possible and appropriate for them.
- Take this checklist with you to clinic visits and start asking questions that you need help with.

Planning the move to new providers and clinics

- What are all the clinics and departments where my child receives care?
- For each of these specialties, where will they receive this care as an adult?
- What will their insurance be and are co-pays, deductibles and limits known?
- What medical records will need to be transferred, and how is this done?
- Is there a list of all current providers and their contact information to provide to the new adult provider?
- Is there information that may not be part of the medical record, but is important for the new provider to know? (eg. my child needs sedation for blood draws or my child needs a sign language interpreter).
- When and how will this information be communicated to the new provider?

Tip: Keep in mind it may take up to a year to get an appointment with an adult specialist for your child so you may need to schedule this appointment well in advance of their transition.

Online: Visit MMI Health Care Transition website (www.unmc.edu/mmi/transition-clinic/) for resources to help you and your doctors plan this transfer of care. The **Health Care Passport** is an example of a tool that will help organize many of the questions / issues raised with this checklist.

Preparing to manage adult care

- Who will be my young adult's primary care provider (PCP) and other specialty providers including contact information? What role are they prepared to play in coordinating and managing care?
(Even if your child does not currently have a primary care doctor, in the adult care system the PCP often plays a key coordinating role. If your child's PCP is a pediatrician, you will need an adult provider for primary care.)
- At age 19, will my young adult be managing their own care including carrying their health insurance card, managing their prescriptions, taking their medications and contacting their provider(s) if there is a concern?
- If my young adult takes medications, is there a list of these, including the dosages? Is there a plan to transfer prescriptions to adult providers and if my young adult is unable to manage medications who will help with this?
- How will our current provider help my child develop self-management skills and maximize their independence in managing their medical care?
- What advocacy might my young adult need for their health care (for example, needs medication or sedation for procedures such as blood draws)?
- If my young adult is not independent, who is involved in their care (parent or guardian, group home or agency staff)? Have their respective roles and responsibilities been clearly defined?
- Has the importance of birth control and safe sexual practices been discussed with your health care provider and young adult?
- Is a plan for oral care in place?
- Are the importance of personal hygiene, nutrition and exercise understood?
- Will support be needed such as a legal guardian or other form of support?

Planning for emergencies

- Are there special considerations if my young adult needs emergency care?
- What information will the providers need to best treat and support my young adult in an emergency? How will this information be conveyed (eg. photo ID, medical bracelet, wallet card or smartphone)?
- Is it best they be taken to a specific place? What records should they have in advance? Will they take records in advance? How do I arrange this?

Understand healthcare privacy laws

Beginning at age 19, youth gain rights with respect to consent and confidentiality for certain kinds of care. Talk to the clinic team to learn more about what this means for you and your young adult.

MMI offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. MMI will make this information available in alternate formats upon request. Call the Patient Information Office at 402-559-6418.

This handout was modified from materials made available by clinical staff at Seattle Children's.