

Transition to Adulthood Adolescent to Adult Road Map: Steps Along the Way for Caregivers and Teens Who Need Ongoing Support

Age 15:

Introduce the program

Age 15-17

- Know your child's condition and medications
- Handling emergencies
- Test names and purposes
- Identified social supports
- Financial planning
- School transition planning
- Accessible transportation

Age 17-18

- Guardianship and supported decision making
- Maintaining health insurance

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Tips for Parents

Age 18-21:

- Residential planning
- Legal rights
- Patient portal access
- Pediatric and adult care differences
- Review options for adult providers
- Review options for adult DME providers
- Review options for adult pharmacies

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Turning 18



Sharing Health Information



Patient Portal



Adult Provider Lists



Pediatric & Adult Care Differences



Questions for your doctor



Moving from Pediatric to Adult Care

Age 21:

- Choose your health care partners
- Identify adult medical providers
- Attend appointment with NEW provider
- Complete patient satisfaction survey
- Transfer to adult provider complete

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Telehealth Toolkit

Track your Progress

Age 15-17:

Checklist

- Know your child's medical conditions and medications
- Have a plan for emergencies
- Know test names and purposes
- Establish social supports
- Establish financial plan
- Start school transition planning
- Establish plan for access to accessible transportation

Age 18-21:

Checklist

- Understand the legal changes that occur at the age of 18
- Residential planning
- Update patient portal access at the age of 18
- Review options for adult providers and pharmacies
- Understanding pediatric and adult care differences

Age 21-22:

Checklist

- Choose health care partners and medical providers
- Identify Durable Medical Equipment Provider and Pharmacy
- Attend appointment with new provider
- Complete patient satisfaction survey

Age 17-18:

- Explore decision making support needs
- Make a plan for on-going health insurance coverage

