

## HEALTH CARE TRANSITION TIMELINE FOR YOUTH AND FAMILIES

AGE 12-13

- Help your child learn their own health condition, including any medications and allergies.
- Encourage your child to take on more responsibilities for managing their own health.
- Ask your child's doctor at what age they no longer care for youth.

AGE 14-15

- To learn what your teen knows about their own health, both of you can complete a brief set of questions (handout).
- Have your teen learn more about their own health, including what to do in case of emergency.
- Have your teen practice making a doctor's appointment and ordering prescription refills.
- Have your teen see the doctor alone for part of the visit to help gain independence.

AGE 16-17

- Keep encouraging your teen to make doctor's appointments, refill medications, and ask questions to the doctor.
- Work with your teen's doctor to prepare a medical summary.
- Before your teen turns 18 and becomes a legal adult, figure out if they will need help with making health decisions. If so, ask your Family Voices chapter for local resources.
- Talk with your teen about the age they want to transfer to a new doctor for adult care.

AGE 18-21

- Your teen is a legal adult at 18 with full responsibility for their care. Parents can no longer access medical information unless the young adult agrees.
- Young adults can work with their current doctor to find a new doctor.
- Update your medical summary with your doctor and have your doctor transfer this to the new doctor. Keep a copy for yourself.
- Call your new doctor to set a new appointment and make sure the new office has your medical information.
- Many changes happen at age 18. Learn about:
  - ✓ Health insurance
  - ✓ Supplemental Security Income
  - ✓ Special education

AGE 22-25

- Continue to get needed care from your adult doctor.
- Continue to update your medical summary.
- Be sure to stay insured.
- If you change health insurance, make sure your doctor takes your insurance.