

# Transition to Adulthood Adolescent to Adult Road Map: Steps Along the Way for Teens Who Will Be Independent in Their Care

## Age 15:

### Introduce the program

#### Age 15-17

- Know your conditions and medications
- Meet alone with your doctor
- Know what to do in case of a medical emergency
- Start participating in your medical care
- Explain your medical condition to your care team
- Understand test names and purposes
- Contacting your medical team
- Medication ownership
- Education and career planning
- Self-advocacy
- Health insurance
- Basic needs and independence

## Age 18-21:

- Know legal rights
- Consent to treatment
- Update patient portal access
- Review options for adult providers with your care team
- Understand pediatric and adult care differences
- Review questions to ask potential adult providers
- Options for health insurance after age of 19
- Be able to explain your medical history
- Be able to explain how your medical condition affects your daily life
- Be able to schedule medical appointments
- Be able to fill medications at the pharmacy

## Age 21:

- Choose your health care partners
- Identify an adult medical provider
- Tips for successful first medical appointment
- Attend appointment with NEW provider
- Complete patient satisfaction survey
- Transfer to adult provider complete

## QR Codes

with resources for different groups

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Tips for Parents



Turning 18



Sharing Health Information



Patient Portal



Adult Provider Lists



Pediatric & Adult Care Differences



Questions for your doctor



Moving from Pediatric to Adult Care



Telehealth Toolkit

# Track your Progress

## Age 15-17:

### Checklist

- Know your illness and why you take medications
- Spend time alone with your doctor
- Know what to do in an emergency
- Take part in appointments and ask questions
- Explain your medical conditions and name your medications
- Contact your medical team when needed
- Plan for school and career goals
- Speak up for yourself
- Learn about your current health insurance coverage
- Understand basic needs and independent living skills

## Age 18-21:

### Checklist

- Know what legal changes occur when you turn 18
- Consent to medical treatment
- Update patient portal access
- Learn about adult medical care and review options for adult providers
- Review options for insurance coverage as an adult
- Explain your medical history to your care team
- Explain how your medical condition affects your daily life
- Schedule medical appointments
- Fill medications at pharmacy

## Age 21:

### Checklist

- Identify an adult medical provider
- Review tips for a successful first medical appointment
- Attend appointment with NEW provider
- Complete patient satisfaction survey

