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
- Tips for Parents
- Turning 18
- Patient Portal
- Pediatric & Adult Care Differences
- Sharing Health Information
- Adult Provider Lists
- Questions for your doctor
- Telehealth Toolkit
- Moving from Pediatric to Adult Care

Children’s Mercy
KANSAS CITY
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

Age 15-17:

Checklist

Track your Progress