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 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

**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

**QR Codes** with resources for different groups
- Telehealth Toolkit
- Turning 18
- Sharing Health Information
- Patient Portal
- Adult Provider Lists
- Pediatric & Adult Care Differences
- Questions for your doctor
- Moving from Pediatric to Adult Care

**QR Codes** with resources for different groups
- Tips for Parents
Checklist

**Age 15-17:**
- 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 17-18:**
- Explore decision making support needs
- Make a plan for ongoing health insurance coverage

**Age 18-21:**
- 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:**
- Choose health care partners and medical providers
- Identify Durable Medical Equipment Provider and Pharmacy
- Attend appointment with new provider
- Complete patient satisfaction survey