

# Sample Content for Initial Visits with Young Adults

These are suggestions of content to be covered during the first three visits with new young adults. Ideally, up to three of these points should be discussed at each visit. When discussing these points, make sure to explain information in a way that the young adult can understand, and ask them to let you know if something is not clear or if they have other questions about starting in your practice.

## **Acknowledge to the young adult:**

- You have received/read their records and have communicated with their prior clinician and want to ask additional questions to understand their health needs or concerns more completely.
- You understand that making the change from their pediatric practice to a new adult practice can be stressful, and you want to discuss their concerns.

## **Discuss with the young adult:**

- How they can contact you and the office with questions (e.g., text, email, or phone) and what they should do if the office is closed and they have an urgent health need.
- The office FAQs, including services provided (e.g., sexual and behavioral health) and office hours (e.g., walk-in options).
- Goals for the clinician/young adult relationship and the importance of getting regular feedback and input about their care.

## **Explain to the young adult:**

- All visits and their medical records are confidential; they make their own choices about their health care and are seen alone unless they want to give permission for their parent/caregiver or others to be present at the visit and/or to see their medical record.
- How they can access their medical records.
- The office policy about keeping, canceling, and rescheduling appointments.