

## Sample Transition and Care Policy/Guide

[Pediatric Practice Name] cares about you.

We will help you move smoothly from pediatric to adult health care. This means working with you, starting at ages 12 to 14, and your parent/caregiver to prepare for the change from a pediatric model of care to an adult model of care. A pediatric model of care is where parents/caregivers make most choices. An adult model of care is where you will make your own choices. We will spend time during visits without your parent/caregiver in the room to help you set health goals and take control of your own health care.

By law, you are an adult at age 18. We will only discuss your health information with others if you agree. Some young adults choose to still involve their parents/caregivers or others in their health care choices. To allow your doctor to share information with them, consent is required. We have these forms at our practice. For young adults who have a condition that limits them from making health care choices, our office will share with parents/caregivers options for how to support decision-making. For young adults who are not able to consent, we will need a legal document that describes the person's decision-making needs.

We will work with you to decide the age for moving to an adult doctor. We suggest that this move take place before age 22. Our office policy is to prepare you to move to an adult doctor. This includes helping you find an adult doctor, sending medical records, and talking about any special needs with the adult doctor. We will help you find community resources and specialty care, if needed.

Your health matters to us. As always, if you have any questions, please feel free to contact us.

