

ARE YOU READY TO TAKE CHARGE OF YOUR HEALTH?

5 Steps to Prepare for Health Care Transition

At a time when there is a lot going on in the world and in health care, Got Transition is here to make one thing a little bit easier. Now may be a great time for young people to learn about their own health and plan for health care transition. This is the process of getting ready for health care as an adult.

This process involves gaining independent health care skills, preparing for an adult model of care, and eventually transferring to new providers. The steps and resources below can prepare youth, young adults, and families to make sure the transition to adult health care goes smoothly.

1



ONLINE QUIZ

Are you ready to transition to adult care?
Take our [online quiz](#) to find out now!

2



TRANSITION TIMELINE

Know where you are before you can plan where you're going!
Find out where you are in the transition to adult care by reviewing the [Transition Timeline](#) for age-specific milestones.

3



READINESS ASSESSMENT

Find out what you already know about your health and health care by filling out our [Transition Readiness Assessment](#). Family members: fill out this [version for Parents/Caregivers](#) and compare your answers!

4



GOAL SETTING

Setting goals is an important part of helping you reach independence in your medical care. Fill out this [helpful one-pager](#) from Children's Mercy Kansas City to set your health goals.

5



TAKE YOUR HEALTH INFO WITH YOU

A smartphone is a great place to keep important health information. Fill out the [Medical ID](#) on your smartphone, which can be accessed by anyone in the case of an emergency.



For more information, visit www.GotTransition.org

Got Transition® is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number, U1TMC31756. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.