

Sample adolescent transition policy



Used by: Pediatric gastroenterology practices

Purpose: To share a practice's transition policy with adolescent patients and their families in a clear, concise, easy-to-read document

<<Pediatric practice name here>> cares about your health, both today and in the future.

At age 18, you will legally become an adult and start making your own health care decisions. Around that age, you will also begin seeing a new provider who treats adult patients. These are big changes. We will help you start preparing now so that you will be ready when the time comes.

Here's what you can expect:

Ages 12–14. We will begin talking with you and your caregivers about the changes ahead. We'll keep this discussion going throughout your teen years. At any point, feel free to ask questions and tell us about concerns you have.

Ages 14–17. We will help you assess how ready you are to take more responsibility for your health. Then, we'll help you set goals for strengthening your self-care skills. We'll also help you create an action plan for working toward those goals.

Age 18. Once you turn age 18, we can only discuss your personal health information with others if we have your consent. Many young adults choose to allow us to share information with a parent, caregiver or other trusted person. If you make that choice, you will need to sign a consent form. We can provide this form at our office.

If you have a condition that limits your ability to make health care decisions on your own, your parent or caregiver may consider an option called supported decision-making. We can suggest resources for learning about this option.

Age 19. Some types of health coverage, such as CHIP or Medicaid, may end on your 19th birthday. You and your parents or caregivers should check on any changes in health coverage well in advance.

Ages 18–21. We will help you pick a good time to switch your care to a provider who treats adults. It's best for you if the move is completed before age 22. When the time is right, we will help you find an adult care provider who is a good fit for you. We'll send the new provider your medical records and offer to discuss your special health needs.

The move to adult health care goes more smoothly when you start planning early and keep preparing steadily. We can help you do that at <<pediatric practice name here>>.

