

Transition to adult care

We will be sorry to see you go, BUT:

Heights Pediatrics is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves working with youth, beginning at age 18, and their families to prepare for the change from a "pediatric" model of care where parents make most decisions to an "adult" model of care where youth take full responsibility for decision-making.

At age 18, youth legally become adults. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with the young adult's consent will we be able to discuss any personal health information with family members. If the youth has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making.

We will collaborate with youth and families regarding the age for transferring to an adult provider and recommend that this transfer occur before age 22. We will assist with this transfer process, including helping to identify an adult provider, sending medical records, and communicating with the adult provider about the unique needs of our patients.

We prepared 2 documents that should help you and your family in this transition. Please review them carefully.

When you are ready to make a transition, do not forget to let us know and take your medical records with you.

As always, if you have any questions or concerns, please feel free to contact us.

Here are some questions you should consider before you make a transition to an adult physician

How important is it to me to prepare for/change to an adult doctor before age 22?

How confident do I feel about my ability to prepare for/change to an adult doctor?

We would like you to consider these questions:

I know my medical needs.

I can explain my medical needs to others.

I know my symptoms including ones that I quickly need to see a doctor for.

I know what to do in case I have a medical emergency.

I know my own medicines, what they are for, and when I need to take them.

I know my allergies to medicines and medicines I should not take.

I carry important health information with me every day. (e.g. insurance card, allergies, medications, emergency contact information, medical summary)

I understand how health care privacy changes at age 18 when legally an adult.

I can explain to others how my customs and beliefs affect my health care decisions and medical treatment.

Using Health Care

I know or I can find my doctor's phone number.

I make my own doctor appointments.

Before a visit, I think about questions to ask.

I have a way to get to my doctor's office.

I know to show up 15 minutes before the visit to check in.

I know where to go to get medical care when the doctor's office is closed.

I have a file at home for my medical information.

I have a copy of my current plan of care.

I know how to fill out medical forms.

I know how to get referrals to other providers.

I know where my pharmacy is and how to refill my medicines.

I know where to get blood work or x-rays if my doctor orders them.

I have a plan so I can keep my health insurance after 18 or older.

My family and I have discussed my ability to make my own health care decisions at age 18.

HOW TO FIND AN ADULT DOCTOR

1. Look through your insurance website for a list of adult physicians that accept your insurance.
2. You can look for a doctor affiliated with a specific hospital, for example NYU.

<http://nyulangone.org/locations/primary-care-internal-medicine>

3. You can ask your parents or friends for recommendations.