

Healthcare Transition

Age-Based Transition Tasks



Patient*

- Can name their medical condition(s)
- Can name medications, doses, and side effects
- Knows different ways to remember to take medication (e.g., phone alarm, pill box)
- Knows how their health condition(s) may affect schoolwork and daily life



Patient

- Knows their medical team providers
- Understands role of the primary care provider (PCP) and specialty care provider (SCP)
- Knows medical history
- Knows names and purposes of procedures and tests done on them
- Knows how to find support groups and resources for their condition(s)
- Knows what will happen to them if they don't take their medicine
- Understands that taking drugs (not prescribed) or drinking alcohol could affect their health
- Can communicate concerns to their medical team



Patient

- Knows where to find information about their condition(s)
- Schedules their own appointments
- Contacts their medical team members, as needed
- Understands that at age 18, they have the right to make their own medical decisions
- Knows when to use the Release of Information (ROI) form
- Knows that it is a choice to sign the ROI form



Patient

- Knows insurance provider and can find information about what is covered
- Knows how insurance may change after transfer to adult care
- Carries insurance card/information with them
- Schedules visit with adult PCP and SCP, as needed
- Gets CHLA medical records to keep for themselves

AGE

12-14



Medical Team**

- Introduces the idea of independent visits, patient privacy, and confidentiality
- Asks parents to stay in the waiting room for part of the visit
- Gives education about sexuality, substance use, and how to manage weight and health



Medical Team

- Asks all questions and explanations to the patient first
- Asks for patient's opinion first
- Addresses family's concerns about patient taking on primary role
- Helps decide if the patient wants privacy from parent/caregiver
- Talks to patient about what must legally be told to parent/caregiver
- Starts talking about transfer to adult care



Medical Team

- Starts talking about possible barriers or difficulties to transition
- Finds or helps to find options for adult primary care providers (PCPs) and specialty care providers (SCPs)
- Encourages patient to meet and interview new providers
- Reminds patient and family that the patient has the right to make their own health choices at age 18
- Confirms patient's decision about parent/caregiver access to records/information
- Ensures patient signs ROI if they choose



Medical Team

- Gives patient medical summary and checklist for first visit with adult PCP and SCP
- Sends medical records to adult providers

18-21

*Assess skill level of parent/caregiver if patient is unable to complete tasks on their own

**Consider patient's developmental age when completing tasks

Please note - this is not a comprehensive list of tasks.