

Transitioning to Adult Care: About Health Care Transition.

Health care transition is the process of moving from child (pediatric) health care to adult health care. Below is a list to help plan for the transition.

1. Learn about health and wellness.
 - Any medical condition, medicines, and medical history.
 - Healthy habits including diet, exercise, and sleep.
 - Skills to help manage health such as how to call for a medical visit, how to fill a prescription, and what to do in an emergency.
2. Making medical decisions.
 - At the age of 18, a teen becomes a legal adult.
 - Legal adults are responsible for making medical decisions. Medical decisions include talking with the doctor about treatment, signing consents forms for treatment, and deciding who can know about personal health information.
 - If a teen will not be able to make medical decisions as an adult, another legal document must be in place.
 - Guardianship
 - Supported decision making
 - Medical power of attorney
 - Advance directive
3. Health insurance and how to pay for health care.
 - Learn when the current insurance will end. Is there anything special that needs to be done to keep that insurance?
 - Does new health insurance need to be found?
 - If the answers are unknown, contact the current health insurance, or visit their website, to find out the answers.
 - Select health insurance that will help cover the costs of medical needs.
 - Learn what health insurance benefits are available. Some medical services are not covered or paid by insurance. Adults are responsible for paying for health care that is not covered by insurance.
4. Find and transfer care to an adult doctor.
 - Talk with the pediatric doctor about when to transfer to an adult doctor. Primary care and/or a specialty care may be needed.
 - Call the health insurance or visit their website to help find adult doctors.
 - Ask the pediatric doctor to talk with the adult doctor when care is transferred.

Helpful Websites for Health Care Transition

Medical Conditions and Wellness:

*Centers for Disease Control and Prevention: <https://www.cdc.gov/DiseasesConditions/>

*KidsHealth: <https://www.kidshealth.org/>

*MedlinePlus: <https://www.medlineplus.gov/childrenandteenagers.html>

WebLitLegit: <https://www.safercaretexas.org/weblitlegit/>

Medical Decision Making:

*Advance Directives: <https://www.hhs.texas.gov/regulations/forms/advance-directives>

*The Arc of Texas: <https://www.thearcoftexas.org/get-informed/im-a-self-advocate/what-you-need-to-know-about-guardianship/>

*Texas Council for Developmental Disabilities: <https://tcdd.texas.gov/guardianship-alternatives/>

Texas Law Help: <https://www.texaslawhelp.org/>

Guardianship: <https://www.hhs.texas.gov/regulations/legal-information/guardianship>

Health Insurance:

*Health Insurance Marketplace: <https://www.healthcare.gov/>

*Medicare: <https://www.medicare.gov/>

*Supplemental Security Income: <https://www.ssa.gov/ssi/>

*Texas Department of Insurance: <https://www.tdi.texas.gov/>

*Texas Health and Human Services: <https://www.hhs.texas.gov/services/health/medicaid-chip>

*Texas Health Insurance Premium Payment (HIPP):

<https://www.hhs.texas.gov/services/financial/health-insurance-premium-payment-hipp-program>

*Texas Health Options: <https://www.texashealthoptions.com/>

A Roadmap to Better Care and a Healthier You (Booklet):

<https://marketplace.cms.gov/outreach-and-education/downloads/c2c-roadmap.pdf>

Programs and Foundations:

*Got Transition/Center for Health Care Transition: <https://www.gottransition.org/>

*Navigate Life Texas: <https://www.navigatelifetexas.org/en>

*Partners Resource Network: <https://prntexas.org/>

*Texas Department of State Health Services – Children with Special Health Care Needs:

<https://www.dshs.texas.gov/mch/cshcn.aspx>

*Texas Parent to Parent: <https://www.txp2p.org/>

*Disability Rights Texas: <https://www.disabilityrightstx.org>

For more resources visit: [Transitioning to adult care \(childrens.com\)](https://www.childrens.com/transitioning-to-adult-care)

*Website available in Spanish