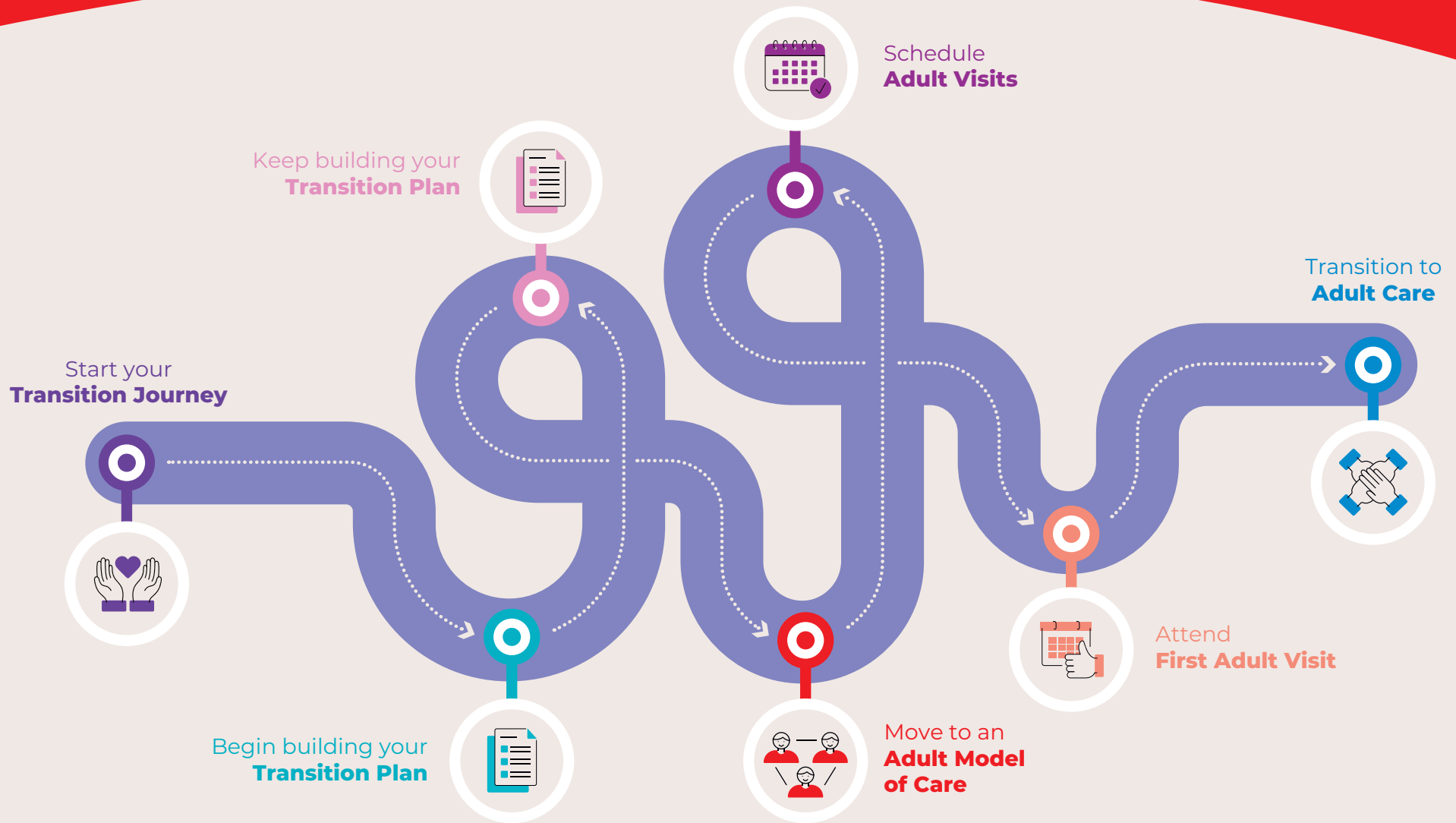


# your journey to health care transition

## ..... JOURNEY MAP .....



**Making life better for children.**

# your journey to health care transition

## ..... JOURNEY MAP .....

### Transition Starts



### Transition Planning



### Transition Planning



### Adult Model of Care



### Transfer to Adult Doctor



### Transfer to Adult Doctor



### Transition to Adult Care



#### Start your Transition Journey

**When it is time, you will work with your care teams to start your health care transition journey.**

You will talk about:

- What to expect during your transition.
- How to build a plan for transition.
- What age you will transition to adult doctors.
- Sign up for MyChart to get access to your medical records.



#### Begin building your Transition Plan

**Your care teams will give you tools to:**

- Learn about your medical condition, medicines and wellness.
- Decide who will be making your medical decisions after age 18 and if legal tools will be needed.
- Plan for your future: school, work and living situations.



#### Keep building your Transition Plan

**As you build your transition plan, we will give you tools to:**

- Practice skills to help you manage your health.
- Make medical decisions and have legal tools in place before you turn age 18.
- Make goals for your future.
- Learn about health insurance and decide how you will pay for health care in the future.
- Find new adult doctors.



#### Move to an Adult Model of Care

- At the age of 18, start making your own medical decisions. You are now a legal adult.
- Care teams will ask you to sign consents. This gives permission for medical treatment.
- Care teams will ask you to sign a permission form. This tells us who we can share your personal health information with.

\*These do not apply if another medical decision-making option or legal tool is in place.



#### Schedule Adult Visits

- Tell us when you have found new adult doctors. We can send a referral and copy of your medical records.
- Ask for a medical summary to give to your new adult doctors.
- Call your new doctors to schedule or confirm your upcoming visit.



#### Attend First Adult Visit

- Be ready to complete "new patient" forms, sign consents and bring copies of medical decision-making and legal tools with you.
- Talk to your new care teams and ask questions.
- Understand your care plan and any updates or changes to your care.
- Make follow-up appointments, if your doctors tell you to.



#### Transition to Adult Care

- Fully transfer your care to your adult doctor.
- Continue visits to new adult doctors as needed.



**Scan the QR code to visit our website**  
and learn more about transitioning to adult care.