

Making the Transition to Adult Care

What happens at planning visits?

Ages	What the Medical Care Provider Does	Topics to Discuss	What Patients and Family Members Do
12–13	<ul style="list-style-type: none"> • Start talking about transition • Give your patient, parent/caregiver a copy of your practice’s transition policy • Start developing the transition plan • Revise emergency/action plans 	<ul style="list-style-type: none"> • The transition process • Why transition is important • The adolescent exam • The patient’s health (and what they know about it) • Building self-advocacy skills • Getting ready for high school (and special education issues) • Puberty 	<ul style="list-style-type: none"> • Start talking to their other providers about transition (if applicable) • Start letting the patient be responsible for 1 easy healthcare task • Start making goals of care • Start thinking about other aspects of transitioning to adulthood (school, employment, living environments, etc.)
14–15	<ul style="list-style-type: none"> • Start asking about guardianship and other legal issues • Start asking about post-high school plans • Review and revise the transition plan • Give first readiness assessments • Update emergency plans 	<ul style="list-style-type: none"> • Puberty • Healthy relationships • Legal issues and guardianship • Life after high school 	<ul style="list-style-type: none"> • Look into guardianship and alternatives • Ask for psychological testing • Get ready for driving early • Allow the patient to take on more responsibilities • Start thinking about their new roles, the patient’s autonomy, and how that affects them emotionally
16–17	<ul style="list-style-type: none"> • Identify an appropriate adult provider • Review and revise the transition plan • Repeat readiness assessments • Update emergency plans • Develop the transition packet • Start coordinating the transfer 	<ul style="list-style-type: none"> • Healthy relationships • Legal issues and guardianship • Life after high school • Emergency plans • Advanced directives/medical power of attorney/living wills 	<ul style="list-style-type: none"> • Look into adult providers • Gather the patient’s health records • Continue working on post-high school plans • Allow the patient to take on more responsibility
18+	<ul style="list-style-type: none"> • The transition starts. • Plan to communicate with the patient’s new provider(s) before and after transfer. 	<ul style="list-style-type: none"> • Your patient may want to see you again for a final visit with you after their first visit with their adult provider. 	<ul style="list-style-type: none"> • Make the transition