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**Parents/Caregivers Quick Guide to Transition from Pediatric to Adult Care**

**General Tips**

Start the conversation early with your pediatric provider

* Talk about their recommendations for adult providers, including specialists

Discuss insurance issues with your social worker. Understand health insurance plans and how they might change

Review your youth’s rights and responsibilities as an adult

Continue to ask questions and teach your youth how to be his/her own advocate

* Good healthcare decision making requires being well-informed

**Preparation for Transition**

Know/have a list about general medical information

Keep a copy of medical records in a safe place and transfer this responsibility to your youth

Encourage your youth to practice good communication skills with his/her provider

* Go into appointments prepared, with a list of questions, information about what has changed since the last visit, willingness to communicate about mental and sexual health

Action Planning

* What is my main concern?
* What are the steps I need to take to resolve this problem?
* Why is it important for me to follow this course of action?

**Transfer to Adult Care**

Review all of the forms that the adult health care provider requires with your young person, including the consent for exchange of information form

**Self-care**

Parents/caregivers can model a healthy lifestyle – including proper nutrition, exercise, rest and sleep, stress management, mental wellness, medication management

**Career Planning and Management**

Assist your young person in understanding his/her strengths and areas of needed growth as they begin to consider an appropriate career

Start early with paid and unpaid work experiences

Career is such an important part of adult identity – make sure the right supports are in place to ensure success

**Resources**

www.GotTransition.org