

# Differences in Care

## Transition Skills, Tips & Tools



When you become an adult, your experience at the doctor's office and the hospital might be different from what you are used to. This fact sheet explains some of the changes you might notice.

### Comfort and Familiarity

Pediatric	Adult	Tips
<ul style="list-style-type: none"><li>• You have known your doctors for a long time.</li><li>• You feel comfortable during your visits.</li><li>• You know what to expect during the exam.</li></ul>	<ul style="list-style-type: none"><li>• You won't know much about your new doctors and the staff.</li><li>• You will need to explain more about yourself and your condition.</li><li>• You might feel nervous about talking with the doctor.</li><li>• The exam might be different.</li></ul>	<ul style="list-style-type: none"><li>• Set up a "meet-the-doctor" visit with your new doctors.</li><li>• Be patient as your doctors get to know you.</li><li>• Ask your pediatric doctor to send records or a portable medical summary to your new adult doctor.</li><li>• Tell the doctor and someone you trust how you feel.</li><li>• Ask the doctor to explain what will happen during the examination.</li></ul>

### Responsibility

Pediatric	Adult	Tips
<ul style="list-style-type: none"><li>• Parents often stay with you during your doctor visits.</li><li>• Parents help answer questions from the doctor for you.</li><li>• Parents help make decisions about your treatment.</li><li>• Parents arrange follow-up and check on test results.</li></ul>	<ul style="list-style-type: none"><li>• You will decide if someone (friend, parent, caregiver) stays with you during your doctor visits.</li><li>• You will explain things about your treatment and condition on your own.</li><li>• You will decide about treatment.</li><li>• You will follow-up on tests and appointments on your own.</li></ul>	<ul style="list-style-type: none"><li>• Don't be afraid to ask questions.</li><li>• Practice to be ready to take care of your own health.</li><li>• Ask your doctor for help to build your skills.</li><li>• If you want, someone you trust can stay with you.</li><li>• If help is needed to make decisions, recognize when decisions need to be made or express needs. Guardianship or alternatives may need to be explored.</li></ul>

## Responsibility Cont.

### Pediatric

- Parents help you follow your treatment plan.

### Adult

- You will take more responsibility for your medical care.



### Youth thoughts on moving to adult care...

***“The fact that I will have to go....and not being familiar with it. That’s probably where the nervousness comes from”.***

### Tips

- Write down a list of questions and concerns you have before seeing your new doctor.
- Keep a list of your medicines, how much you take, and any allergies to medicines. You can take a picture of your medicines label and bring it with you to your visit.
- Keep your doctor’s phone number in your phone or somewhere you can easily find it.
- Keep a record of your medical history, allergies and vaccines to share with your new doctor.
- Ask your doctor to explain information you do not understand.
- Ask your doctor if there is an online portal or an app you can use to look up your health information, contact information, or to make appointments.

## Services

### Pediatric

- You might be seen by a team of doctors and other health providers at the same visit.
- Your pediatric specialists may provide both specialty and some primary care.
- Your doctors focus on your present and future possibilities.

### Adult

- You might have to see doctors and other providers at different locations and on different days.
- Adult specialist often do not provide primary care, so you need to have a primary care doctor along with a specialist.
- Your adult doctors might focus on what you can do in the present.

### Tips

- Find an adult primary care doctor who will help you coordinate care with specialists and other providers.
- Talk to a social worker about adult services you may need and be eligible for (personal assistant, home services, financial help, etc.).

## Services Cont.

### Pediatric

- Your parent is told about your growth and development, health information and medical care.

### Adult

- Your health information will be kept private and can only be shared with your consent on maintenance of well being with aging.
- If you have a guardian, he/she will be told about your health information.

### Tips

- Ask your doctor to help you think about how work choices may affect your health and explore accommodations available.
- Be sure to sign a consent to share your health information with whom you choose.
- Ask your doctor where to go if you need to get care after office hours or on the weekend.

## Insurance and Payment

### Pediatric

- Parents help you with your insurance benefits (referral process, co-pays, in-network providers).
- Parents pay for your medical care.
- You may have insurance coverage available only to dependents (parent's policy) or children through age 18.

### Adult

- You will be more responsible for knowing and using your adult insurance benefits.
- You will need to pay for your own medical care.
- You may need to find new insurance to cover you as an adult (employer benefits, Health Benefits for Workers with Disabilities, etc.).

### Tips

- Learn ways to maximize your benefits.
- Learn about adult insurance options.
- Find out when your current coverage will end.
- Keep your health insurance card with you always.
- Be ready to pay for charges at the visit.



*Youth thoughts already moved to adult care...*

***“She gave me this big talk about some of the new things. I’m going to encounter as an adult with a chronic condition. And she just opened my eyes to a lot of things”.***