

# 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 & 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 <b>"meet-the-doctor"</b> visit with your new doctors.</li><li>• <b>Be patient</b> as your doctors get to know you.</li><li>• <b>Ask</b> your <b>pediatric doctor</b> to <b>send records</b> or a <b>portable medical summary</b> to your new adult doctor.</li><li>• <b>Tell</b> the doctor and someone you trust <b>how you feel</b>.</li><li>• <b>Ask</b> the doctor <b>to explain</b> 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><li>• Parents help you follow your treatment plan.</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><li>• You will take more responsibility for your medical care.</li></ul>	<ul style="list-style-type: none"><li>• Don't be afraid to <b>ask questions</b>.</li><li>• <b>Practice</b> to be ready to take care of your own health.</li><li>• Ask your doctor for help to <b>build your skills</b>.</li><li>• If you want, <b>someone you trust</b> can <b>stay</b> with you.</li><li>• Some may <b>need help with adult expectations</b>, and <b>guardianship</b> or alternatives may need to be explored.</li></ul>

## Services

Pediatric	Adult	Tips
<ul style="list-style-type: none"> <li>You might be seen by a team of doctors and other health providers at the same visit.</li> <li>You might have a number of support services to help you.</li> <li>Your doctors focus on your present and future possibilities.</li> <li>Your parent is told about your health information and medical care.</li> </ul>	<ul style="list-style-type: none"> <li>You might have to see doctors and other providers at different locations and on different days.</li> <li>You might not qualify for the services you received before you turned 18.</li> <li>Your adult doctors might focus on what you can do in the present.</li> <li>Your health information will be kept private and can only be shared with your consent.</li> <li>If you have a guardian, he/she will be told about your health information.</li> </ul>	<ul style="list-style-type: none"> <li><b>Find</b> an <b>adult primary care doctor</b> who will help you <b>coordinate care</b> with specialists and other providers.</li> <li><b>Talk</b> to a social worker about <b>adult services you may need and be eligible for</b> (personal assistant, home services, financial help, etc.).</li> <li>Ask your doctor to help you think about how <b>work choices may affect your health</b> and explore accommodations available.</li> <li>Be sure to <b>sign a consent</b> to share your health information with whom you choose.</li> </ul>



## Insurance and Payment

Pediatric	Adult	Tips
<ul style="list-style-type: none"> <li>Parents help you with your insurance benefits (referral process, co-pays, in-network providers).</li> <li>Parents pay for your medical care.</li> <li>You may have insurance coverage available only to dependents (parent's policy) or children through age 18.</li> </ul>	<ul style="list-style-type: none"> <li>You will be more responsible for knowing and using your adult insurance benefits.</li> <li>You will need to pay for your own medical care.</li> <li>You may need to find new insurance to cover you as an adult (employer benefits, Health Benefits for Workers with Disabilities, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>Learn ways to <b>maximize</b> your <b>benefits</b>.</li> <li>Learn about adult <b>insurance options</b>.</li> <li>Find out when your current <b>coverage will end</b>.</li> </ul>

