

Finding Adult Providers

Transition Skills, Tips & Tools
Adult Healthcare Providers



It is important to find your adult doctors early. You should begin seeing an adult doctor around ages 18 to 21. It's a good idea to have your first appointments and send your records to your new doctors while still seeing your current doctors. This overlap will help in case there are questions about your condition or treatment.

How to Find Adult Providers

- Ask your current doctor for a referral
- Consider your parents' doctor
- Use the provider finder on your insurance company's website
- Check with your local support groups
- Call large medical and specialty rehabilitation hospitals and ask for their referral line
- Ask your Division of Specialized Care for Children (DSCC) Care Coordinator or Hospital Case Manager for suggestions
- Ask friends for suggestions

Questions to Ask

It is important to find a doctor who makes you feel comfortable and can meet your needs. Before you choose your new doctor, call his/her office and ask to speak with a staff member who has time to answer your questions. You can also make an appointment to meet the doctor and staff in person.

Ask the Office:

- Does the doctor accept your insurance coverage? Is he/she taking new patients?
- Is the office accessible (easy to reach and easy to get around inside the building or clinic area)?
- What are the office hours? How can the doctor be reached after-hours?
- How will the doctor share information with your specialists?
- Will you have access to a patient health portal to schedule appointments and receive secure email messages, including test results and more, to manage your health care.
- Will the office be flexible to meet your health needs? (For example, will they allow a service dog, have flexible hours on weekends and evenings, schedule visits so you will not miss a meal or at quiet times if you are sensitive to noise)?

Finding Adult Providers

- What telehealth options are available?
- Will this doctor be your doctor at the hospital or will a hospitalist see you?
- Will you always see the doctor or will you see other advance practice providers (e.g., advance practice nurse, physician assistant)?
- If urgent care (not emergency care) is needed, where should you go and should you call your doctor first?

Ask the doctor:

- Will he/she discuss your health history and special needs with your pediatric doctor?
- Does the doctor see patients with health conditions similar to yours?
- At what hospital does the doctor schedule procedures?
- Does the doctor have any special interests or more advanced training?

Ask yourself:

- Does the doctor listen to your questions or is he/she constantly interrupting you?
- Can the doctor explain information so that you can understand it?
- Does he/she take enough time to answer your questions?
- Does the doctor treat you with respect?

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dsc.uic.edu

