

Transitions

Who can help me plan my transition?

- Your doctor or nurse practitioner
- Your social worker or clinic nurse
- The transition nurse coordinator
- Your parents
- A friend who has been through the same process

When should I transfer care?

- When your medical needs are better served in an adult setting.
- When you and your doctor decide the time is right.

How do I pick a new doctor?

- Ask your doctor for ideas.
- Ask a person who has been through the process.
- Meet with your new doctor to see if it is a good match.

Things to Remember:

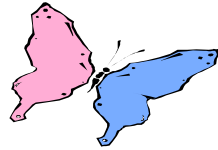
- We are here to help you with your transition and transfer of care.
- Transitions need lots of planning.
- Transitions are a part of growing up. They can be fun, exciting and rewarding.

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A Guide on Getting Older at Children's Hospita

What are Transitions?



Transitions are times when changes in your life occur. Moving toward adulthood is a time of major transitions. This can mean:

- taking on new challenges
- doing more things on your own
- having more choices
- gaining a new sense of freedom and independence
- taking on more responsibility

Getting older means your health care needs may change too. So the teen years are a good time to begin to start thinking what health care for adults is all about.

Eventually, you will need adult centered care that can focus on meeting the variety of needs adults have. The people who know you at Children's Hospital will help you when the time comes to transfer care to adult doctors. We want to make sure you are getting the services and treatment that are best for you.

Taking steps toward transition:

1. Start early - Plan ahead!
2. Know how to explain your health care needs. Make a list of all the things you need to keep yourself healthy.
3. Keep a record of your appointments, important medical history, phone numbers of doctors, and your medications.
4. Begin to make your own medical appointments.
5. Write down questions for your doctor or nurse practitioner before your visit.
6. Spend time alone with your doctor or nurse practitioner to discuss your health concerns.
7. Learn about your health insurance and health care finances.
8. Talk to your pediatric doctor or nurse practitioner about when is a good time for you to transfer your care.
9. See your primary care provider on a regular basis to help you stay healthy.
10. Meet adult providers before you begin your transitions.
11. Be strong! Ask questions! Be part of the plan!