

Tip Sheet: Families of Children with Special Health Care Needs

Moving from the Pediatrician to an Adult Health Care Provider

Ideas for finding an adult care provider for young adults

Thank you to parents and "Got Transition" for these ideas.

- Ask your child's current doctor for references.
- Consider your own doctor. He or she may already know your child.
- Contact similar-diagnosis support groups or associations, such as United Cerebral Palsy or the Northwest Epilepsy Foundation.
- Contact a adult disability agencies such as Vocational Rehabilitation, Independent Living Centers, brokerages, etc.
- **Ask other parents** of children with same or similar conditions. Even if the diagnosis is not exactly the same, the provider may have demonstrated interest in adults with special health needs or a willingness to learn more.
- Refer to your health insurance company booklet of approved providers. If your health insurance company has a special needs care coordinator, ask that person for an referral.
- Contact the exceptional needs care coordinator at your health plan. If you don't know how to find that person, call the number below for guidance.
- Contact a university medical center or children's hospital (such as Shriners, OHSU, Seattle Childrens' etc.) and inquire within the specific departments used by your youth
- Try a website:

Oregon Medical Board: <https://techmedweb.omb.state.or.us/Clients/ORMB/Public/VerificationRequest.aspx>

Oregon Medical Association: <http://www.theoma.org/physicians>

American Medical Association: <https://apps.ama-assn.org/doctorfinder/specialtySearch.do?specialty=7&state=OR&city=&zip>



www.oregonfamilytofamily.org ~ 1-855-323-6744

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