

Moving to adult health care at age 18

Be prepared with the information you need

It can be complicated moving from pediatric to adult health care. That transition usually takes place at age 18. If your youth's doctors don't bring up the subject of moving to new health care providers by age 16 or 17, **you can start the conversation** with five short questions. There is space for notes on the back of this page.

FIVE QUESTIONS

for your youth's health care providers

1. At what age must my child leave your practice and enroll with an adult health care provider?
2. Will you make a referral to a provider who serves adults?
3. If you don't make the referral, who should I call, and when?
4. How will you work with us as we transition to a new provider?
5. How will you work with the new provider when the time comes?

Want more information on this topic? [Speak with Parent Partner.](#)



www.oregonfamilytofamily.org

OCCYSHN

Oregon Center for Children and
Youth with Special Health Needs



NOTES

Use a separate form for each of your youth's providers. Click [here](#) to request paper forms.

DATE:	PROVIDER:
At what age must my child leave your practice and enroll with an adult health care provider?	
Will your office make the referral?	
If you don't make the referral, who should I call, and when?	
How will you work with us as we transition to a new provider?	
How will you work with the new provider when the time comes?	
What else should we know about the upcoming transition?	