

Here are some important things to know about healthcare transition:

- ▶ You will need to understand your health condition to be successful in higher education and the work force.
- ▶ If you have an IEP, your school is required to begin transition planning with you when you are 14.
- ▶ When you turn 18, you are legally considered to be an adult. You are able to make decisions about your healthcare.
- ▶ Your health insurance eligibility may change when you turn 18.

You can transition at your own pace. Everyone is unique, and everyone has strengths and challenges.

Sound like a lot of work?
It may be, but with the right information and the right people to help, you can make a healthy transition to adulthood.

You can find more information online:

Rhode Island Department of Health
Office of Special Needs
www.health.ri.gov/specialneeds

Got Transition.org
www.gottransition.org

The Rhode Island Parent
Information Network (RIPIN)
www.RIPIN.org



For information on healthcare transition, call the Health Information Line:
401-222-5960 / RI Relay 711

GRADUATE TO ADULTHOOD

how healthcare transition works



a guide for
YOUNG ADULTS

Q&A

“it’s really important to get a doctor who talks to you about everything, someone you feel comfortable talking to”

Q: What is healthcare transition?

A: Healthcare transition is about getting involved in things that have to do with staying healthy. It’s about YOU!

Healthcare transition is taking responsibility for your own health needs and not depending on anyone else to do it for you, like your parents or caregivers.

Q: Okay, so it’s about me... but what can I do?

A: There are things YOU can do every day.

- ▶ Become more independent by taking care of your needs.
- ▶ Learn how to stay healthy.
- ▶ Find out about your medical history
Make a copy of your immunization record.
- ▶ Keep track of your appointments and commitments.
- ▶ During doctor's visits, be ready to ask and answer questions about your health.
- ▶ If you take medicine, learn what it's for, when and how to take it.
- ▶ Think about your future and plan how you will get there.
- ▶ Have a primary care doctor (not a pediatrician) by age 21.

Q: Why do I have to think about it now?

A: It takes time and practice to become responsible and independent. As your body grows and your feelings and relationships change, so will your healthcare needs. There's a lot you need to know, so take the time to ask your parents, caregivers, and doctors questions.

“We need to get ready for adulthood now.”



Questions to ask your doctor:

- ☐ Can you explain my medical condition to me and make sure I can explain it back to you?
- ☐ When do I need to switch to an adult primary care doctor?
- ☐ How do I choose an adult doctor?
- ☐ What happens when I go away to college or move?
- ☐ Can you help me learn about all my medicines?

Questions to ask your parents or caregivers:

- ☐ Will your health insurance still cover me when I turn 18?
- ☐ Are there important papers that I should have?
- ☐ Can you help me create a system to get organized?
- ☐ Was anyone ever sick in our family?
- ☐ What is my medical history?
- ☐ Can you help me make a list of things to talk to the doctor about?
- ☐ I want to be more independent. What do you do for me that you think I can do for myself?