

DIFFERENCES IN CARE BETWEEN PEDIATRIC AND ADULT CARE

GUIDE FOR YOUTH AND FAMILIES

When you become an adult, your experience at the doctor’s office and the hospital might be different from what you are used to. This fact sheet explains some of the changes you might notice.

Comfort & Familiarity		
Pediatric	Adult	Helpful Tips
<ul style="list-style-type: none"> You have known your providers for a long time You feel comfortable during your visits You know what to expect during the exam 	<ul style="list-style-type: none"> You won’t know much about your new providers and the staff You will need to explain more about yourself and your condition You might feel nervous about talking or meeting the provider The exam might be different 	<ul style="list-style-type: none"> Set up a “meet-the-provider” visit with your new providers Be patient as your providers get to know you Ask your pediatric provider to send records or a portable medical summary to your new adult provider Tell the provider and someone you trust how you feel Ask the provider to explain what will happen during the examination

Responsibility		
Pediatric	Adult	Helpful Tips
<ul style="list-style-type: none"> Parents/caregivers often stay with you during your provider visit Parents/caregivers help answer questions from the provider for you Parents/caregivers help make decisions about your treatment Parents/caregivers arrange follow-up and check on test results Parents/caregivers help you follow your treatment plan 	<ul style="list-style-type: none"> You will decide if someone (friend, parent, caregiver) stays with you during your provider visits You will explain things about your treatment and condition on your own You will decide about treatment You will follow-up on tests and appointments on your own You will take more responsibility for your medical care 	<ul style="list-style-type: none"> Don’t be afraid to ask questions Practice to be ready to take care of your own health Ask your provider for help to build your skills If you want, someone you trust can stay with you Some may need help with adult expectations, and guardianship or alternatives may need to be explored

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Services		
Pediatric	Adult	Helpful Tips
<ul style="list-style-type: none"> You might be seen by a team of providers at the same visit You might have a number of support services to help you Your providers focus on your present and future possibilities Your parent/caregiver is told about your health information and medical care 	<ul style="list-style-type: none"> You might need to see providers at different locations and on different days You might not qualify for the services you received before you turned 18 Your adult providers might focus on what you can do in the present Your health information will be kept private and can only be shared with your consent If you have a guardian, they will be told about your health information 	<ul style="list-style-type: none"> Find an adult primary care provider who will help you coordinate care with specialists and other providers Talk to a social worker about adult services you may need and be eligible for (personal assistant, home services, financial help, etc.) Ask your provider to help you think about how work choices may affect your health and explore available accommodations Be sure to sign a consent to share your health information with whom you choose

Insurance and Payment		
Pediatric	Adult	Helpful Tips
<ul style="list-style-type: none"> Parents/caregivers help you with your insurance benefits (referral process, co-pays, in-network providers) Parents/caregivers pay for your medical care You may have insurance coverage available only to dependents (parent/caregiver's policy) or children through age 18 	<ul style="list-style-type: none"> You will be more responsible for knowing and using your adult insurance benefits You will need to pay for your own medical care You may need to find new insurance to cover you as an adult (employer benefits, Health Benefits for Workers with Disabilities, etc.) 	<ul style="list-style-type: none"> Learn ways to maximize your benefits Learn about adult insurance options Find out when your current coverage will end

Information adapted from handout by UIC – Division of Specialized Care for Children and the Illinois Chapter, American Academy of Pediatrics