
FINDING ADULT HEALTH CARE PROVIDERS

YOUTH & YOUNG ADULTS

A Primary Care Provider (PCP) is a provider you can see for regular check-ups, vaccines, when you don't feel well, or for health issues that you don't need a specialist for. Regular check-ups with a PCP can help catch problems early on. If you need to see a specialist, a PCP can often refer you to someone that can help.

Pediatricians are typically only trained to see patients until the age of 21. You may develop health concerns as you get older, and you may also develop other health conditions that are more common in adults. If you are currently seeing a family doctor and you want to keep seeing them as an adult, you do NOT need to switch to a new PCP. If you are currently seeing a pediatrician, your current provider may help you find a new PCP that serves adults with your condition. This conversation with your PCP usually happens around ages 17-21. Even if you are seeing a family doctor, you might need to find new specialists that can better serve adults.

How to Find Adult Providers

- Ask your current provider for a referral
- Consider your parent's primary care provider as someone that you could see
- Call your insurance company
- Check with your local support groups
- Call large medical and specialty rehabilitation hospitals and ask for a referral line
- Ask your Care Coordinator or Case Manager for suggestions
- Ask friends for suggestions

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YOUTH & YOUNG ADULTS (CONTINUED)

Questions to Ask

It is important to find a provider that makes you feel comfortable and that can meet your unique needs. Before you choose a new provider, call their office and ask to speak with a staff member who has time to answer your questions, or make an appointment to meet the provider and staff in person.

Ask the Office:

- Does the provider accept your insurance coverage? Are they taking new patients?
- Is the office accessible (easy to reach and easy to get around inside the building or clinic area)?
- What are the office hours? How can the provider be reached after hours?
- How will the provider exchange information with your specialists?
- Will the office be flexible to meet your health needs (allow service dog, schedule visits so you will not miss a meal, or schedule at quiet times if you are sensitive to noise)?

Ask the Provider:

- Is the provider willing to discuss your health history and special needs with your pediatric provider?
- Does the provider currently see patients with health conditions similar to yours?
- At what hospital does the provider schedule procedures?
- Where did the provider get their medical school and specialty training? Are they board certified?
- Does the provider have any special interests or more advanced training?

Ask Yourself:

- Does the provider listen to me and my family or are they constantly interrupting us?
- Can the provider explain information in a way that my family and I can understand?
- Does the provider take enough time to answer our questions?
- Does the provider treat my family and I with respect?