
INTRODUCTION TO THE TRANSITION TO ADULT HEALTH CARE

YOUTH & YOUNG ADULTS

What is Health Care Transition?

Health Care Transition is the process of getting ready for health care as an adult.

During childhood, your parents or caregivers usually help you with your health needs. This might look like:

- Calling the provider's office to schedule your appointments
- Filling out your medical forms at the provider's office
- Making sure that you take your medications
- Advocating for you in health care settings

As you get older, you might need to become more responsible for managing your health. This might look like:

- Gaining independent health skills
- Preparing to navigate the adult health care system
- Finding adult health care providers that fit your needs

As you turn 18 years old, you may need to become more responsible for your health. You may also find ways for your parents or caregivers to assist you as you head into adulthood. There will be resources in this handbook that will help you and your caregivers navigate these changes.

Remember: *You are not alone in this process! There are health care providers and community supports to assist you with this transition.*
