
TRANSITION TIMELINE

FOR PARENTS & CAREGIVERS OF TRANSITIONING YOUTH

Age 12-13

- Continue monitoring your child's health condition, medications, and allergies
- Ask your child's provider if, and at what age, they no longer care for young adults

Age 14-15

- With your child, discuss what they should do in case they have a medical emergency
- If it fits within your child's ability, support your child in making health care appointments and managing their prescriptions
- If it fits within your child's ability, encourage them to start seeing their health care provider alone to gain skills in health care management

Age 16-17

- If it fits within your child's ability, encourage them to make appointments, see providers alone, ask questions, and refilling their medications
- Learn about your child's health privacy rights when they turn 18
- Make a medical summary with your child's provider
- If needed, explore options for substitute decision-making to support your child when they turn 18

Age 18-21

- If applicable, learn about the substitute decision-making arrangements made for your child
- If necessary, explore how to receive access to your child's medical records
- If applicable, work with your child's provider to find a new adult provider that accepts your health insurance
- If it fits within your child's ability, encourage them to call their adult health care provider to schedule appointments and transfer their medical records so there is minimal lapse in health care services
- Learn if there are additional changes at 18 that may affect your child, including but not limited to: health insurance, Social Security Income

Age 22-25

- Encourage your child to continue receiving care from their adult provider, managing their health care, and updating their medical summary
- Keep track of your child's insurance status and update their provider if there are any changes in their health insurance coverage