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# TRANSITION TIMELINE

## FOR YOUTH & YOUNG ADULTS

### Age 12-13

- Learn about your health condition, medications, and allergies
- Start asking your provider questions about your health
- Ask your doctor if, and at what age, they no longer care for young adults

### Age 14-15

- Find out what you know about your health, health care, and medical history
- Carry your own health insurance card
- Learn what to do in case of a health emergency
- Practice making appointments and ordering prescription refills
- Begin to see your provider alone for part of the visit to learn skills in managing your health and health care

### Age 16-17

- Make appointments, see your provider alone, ask your provider questions, and start refilling your own medications
- Learn about your privacy rights when you turn 18
- Make a medical summary with your doctor and keep a copy for yourself
- Before you turn 18, figure out if you will need help making health care decisions and explore those options with your parents/caregivers

### Age 18-21

- You are a legal adult at age 18 and are now responsible for your health (unless substitute decision-making arrangements were made)
- Your parents/caregivers cannot have access to your medical records unless you allow them
- If needed, work with your current provider to find a new adult provider that accepts your health insurance
- Call your new adult provider to schedule your first appointment and transfer your medical records
- Learn about any changes that might affect you when you turn 18 such as: health insurance changes, Social Security Income, etc.

### Age 22-25

- Continue to receive care from your adult provider, manage your health and health care, and update your medical summary
- Be sure to stay insured and update your provider if there are any changes in your health insurance coverage