# Transition to Adult Health Care

## Timeline

<table>
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<th>Age</th>
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| **At 14** | ✓ Keep records of medical history and maintain medical summary.  
 ✓ Teach your child about his or her diagnosis.  
 ✓ Start thinking and talking about transition from pediatric to adult health care providers. |
| **At 15** | ✓ Encourage your child to speak up at his/her doctor’s appointments. |
| **At 16** | ✓ Encourage your child to spend some alone time with his/her doctor  
 ✓ Ask your child to speak to vocational rehab, counselor, independent living centers within your community, and try job shadowing |
| **At 17** | ✓ Discuss legal options such as guardianship, durable power of attorney for health care, etc.  
 ✓ If on Medicaid start making plans for reapplying |
| **At 18** | ✓ Find out if your child is eligible for SSI  
 ✓ Implement legal options  
 ✓ Take action to transition to adult health care providers  
 ✓ Register to vote  
 ✓ Bridging the gap after graduation  
 ✓ Check your private insurance |
| **At 22** | ✓ Transition to adult health care providers should be complete unless other provisions are made |

## Resources

- Parent to Parent of Georgia (P2P) 770-451-5484 or 1-800-229-2038 [www.p2pga.org](http://www.p2pga.org)
- Vocational Rehabilitation Program (VRSST) 404-486-6331 or 866-489-0001 [www.vocrehabga.org](http://www.vocrehabga.org)
- Healthy Transitions: [healthytransitionsny.org/](http://healthytransitionsny.org/)