



## Transition to Adult Health Care Timeline

Age	Timeline
At 14	<ul style="list-style-type: none"> <li>✓ Keep records of medical history and maintain medical summary.</li> <li>✓ Teach your child about his or her diagnosis.</li> <li>✓ Start thinking and talking about transition from pediatric to adult health care providers.</li> </ul>
At 15	<ul style="list-style-type: none"> <li>✓ Encourage your child to speak up at his/her doctor's appointments.</li> </ul>
At 16	<ul style="list-style-type: none"> <li>✓ Encourage your child to spend some alone time with his/her doctor</li> <li>✓ Ask your child to speak to vocational rehab, counselor, independent living centers within your community, and try job shadowing</li> </ul>
At 17	<ul style="list-style-type: none"> <li>✓ Discuss legal options such as guardianship, durable power of attorney for health care, etc.</li> <li>✓ If on Medicaid start making plans for reapplying</li> </ul>
At 18	<ul style="list-style-type: none"> <li>✓ Find out if your child is eligible for SSI</li> <li>✓ Implement legal options</li> <li>✓ Take action to transition to adult health care providers</li> <li>✓ Register to vote</li> <li>✓ Bridging the gap after graduation</li> <li>✓ Check your private insurance</li> </ul>
At 22	<ul style="list-style-type: none"> <li>✓ Transition to adult health care providers should be complete unless other provisions are made</li> </ul>

### 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/)

Idaho Department of Health and Welfare:  
[www.healthandwelfare.idaho.gov/children/childrensSpecialHealthProgram/HealthCareTransition](http://www.healthandwelfare.idaho.gov/children/childrensSpecialHealthProgram/HealthCareTransition)