

Transitioning to Adult Healthcare



Don't assume your healthcare providers will take the lead – **start asking questions** when you feel ready.

How can I start helping my teen learn to manage their own healthcare?

What legal and financial changes might we expect?

How can we find new providers who serve adults with certain conditions?

Should we look into guardianship or other kinds of support for making medical decisions?



Think of this as a **journey** and not an event. **Start planning** and talking with your providers when your child is a teen.