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.