



Forest Hills Pediatrics is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves working with youth, beginning at ages 12 to 14, and their families to prepare for the change from a “pediatric” model of care where parents make most decisions to an “adult” model of care where youth take full responsibility for decision-making. This means that we will spend time during the visit with the teen without the parent present in order to assist them in setting health priorities and supporting them in becoming more independent with their own health care.

At age 18, youth legally become adults. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with the young adult’s consent will we be able to discuss any personal health information with family members. Please have the young adult complete and sign our “Patients-18-Years-and-Older-Record-Consent”

([https://foresthillspediatrics.com/images/pdf/Patients\\_over\\_the\\_age\\_of\\_18.pdf](https://foresthillspediatrics.com/images/pdf/Patients_over_the_age_of_18.pdf)) if they would like family members to have continued access to their health information. If the youth has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making.

We will collaborate with youth and families regarding the age for transferring to an adult provider and recommend that this transfer occur before age 21. We will assist with this transfer process, including helping to identify an adult provider, sending medical records, and communicating with the adult provider about the unique needs of our patients.

As always, if you have any questions or concerns, please feel free to contact us.

**Parent/Caregiver:** Please review this form to help determine what your child already knows about his or her health and the areas that he/she needs to learn more about. We can help you work on some steps to increase your child's health care skills.

**Date:**

**Name:**

**Date of Birth:**

**Transition Importance and Confidence**

*On a scale of 0 to 10; please circle the number that best describes how now.*

How important is it for your child to prepare for/change to an adult doctor before age 20?

0 (not)	1	2	3	4	5	6	7	8	9
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How confident do you feel about your child's ability to prepare for/change to an adult doctor?

0 (not)	1	2	3	4	5	6	7	8	9
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**My Health**

*Please check the box that applies to your child right now.*

*Yes, he/she knows this*

*He/she needs to learn*

*Someone needs to do this... Who?*

My child knows his/her medical needs.

My child can explain his/her medical needs to others.

My child knows his/her symptoms including ones that he/she quickly needs to see a doctor for.

My child knows what to do in case he/she has a medical emergency.

My child knows his/her own medicines, what they are for, and when he/she needs to take them.

My child knows his/her allergies to medicines and medicines he/she should not take.

My child carries important health information with him/her every day (e.g. insurance card, allergies, medications, emergency contact information, and medical summary).

My child knows he/she can see a doctor alone as I wait in the waiting room.

My child understands how health care privacy changes at age 18.

My child can explain to others how his/her customs and beliefs affect health care decisions and medical treatment.

**Using Health Care**

My child knows or can find his/her doctor's phone number.

My child makes his/her own doctor appointments.

Before a visit, my child thinks about questions to ask.

My child has a way to get to his/her doctor's office.

My child knows to show up 15 minutes before the visit to check in.

My child knows where to go to get medical care when the doctor's office is closed.

My child has a file at home for his/her medical information.

My child has a copy of his/her current plan of care.

My child knows how to fill out medical forms.

My child knows how to get referrals to other providers.

My child knows where his/her pharmacy is and how to refill his/her medicines.

My child knows where to get blood work or x-rays if his/her doctor orders them.

My child has a plan to keep his/her health insurance after ages 18 or older.

My child and I have discussed his/her ability to make his/her own health care decisions at age 18.

My child and I have discussed a plan for supported decision-making, if needed.