

# HEALTH CARE TRANSITION TIMELINE

FOR YOUTH AND FAMILIES

## AGE 14

- To learn what your teen knows about their own health, both of you can complete a brief set of questions (see handouts MCH 89, MCH 90).
- Have your teen learn more about their own health, including what to do in case of emergency.
- Have your teen practice making a doctor's appointment and ordering prescription refills.
- Have your teen see the doctor alone for part of the visit to help gain independence.
- Help your child learn their own health condition, including any medications and allergies.
- Encourage your child to take on more responsibilities for managing their own health.
  - Ask your child's doctor at what age they no longer care for youth.

## AGE 15-17

- Keep encouraging your teen to make doctor's appointments, refill medications, and ask questions to the doctor.
- Work with your teen's doctor to prepare a medical summary handout.
- Before your teen turns 18 and becomes a legal adult, figure out if they will need help with making health decisions. If so, ask your Wyoming Family to Family Health Information Center for local resources, or visit the website listed below.
- Talk with your teen about the age they want to transfer to a new doctor for adult care.

## AGE 18-19

- Your teen is a legal adult at 18 with full responsibility for their care. Parents can no longer access medical information unless the young adult agrees (see handout MCH 84).
- Young adults can work with their current doctor to find a new doctor.
- Update your medical summary (handout MCH 91) with your doctor and have your doctor transfer this to the new doctor. Keep a copy for yourself.
- Call your new doctor to set a new appointment and make sure the new office has your medical information.
  - Many changes happen at age 18. Learn about:
    - \* *Health insurance*
    - \* *Supplemental Security Income*
    - \* *Special education*



Wyoming Department of Health  
Public Health Division  
Maternal and Child Health Unit  
Children's Special Health  
307-777-6921 or 800-438-5795  
<https://health.wyo.gov/publichealth/mch/index-4/>  
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Want to know more? Visit:  
[www.uwyo.edu/wind/f2f/transition.html#Q1](http://www.uwyo.edu/wind/f2f/transition.html#Q1)