

## AGE 14

- To learn what your teen knows about their own health, both of you can complete a brief set of questions (handout).
- 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.

# HEALTH CARE TRANSITION TIMELINE

FOR YOUTH AND FAMILIES

## 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.
- 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 (handout).
- Young adults can work with their current doctor to find a new doctor.
- Update your medical summary 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*



**Want to know more?**

Visit: <http://www.uwyo.edu/wind/f2f/transition.html#Q1>

**Wyoming Department of Health** 11/2019  
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/MCH>