



	Tell the people who care about you how you feel about the testing you need to do (e.g., MRIs)	Your child's ability to tolerate testing and participate in treatment will change with developmental progress. Assess each child's abilities based on their developmental stage. (e.g., As your child's history of MRIs continues, consider alternative sedation forms that are age-appropriate for each individual).	Discuss with the parent/caregiver the child's ability to tolerate testing and participate in treatment and how it will change with developmental progress. Assess each child's abilities based on their developmental stage. (e.g., As the child's history of MRIs continues, consider alternative sedation forms that are age-appropriate for each individual).
<b>Second Stage (11-13)</b>	<p><b>Transition planning starts by age 12.</b> Start planning for when you turn 18.</p> <p>Know where your medical records are kept and what is in them. Be active in your own planning, such as your IEP meetings.</p> <p>Learn to be a partner in your medical care with your parents/caregivers.</p> <p>Assess your readiness to transition to adult care.  Access and fill out appropriate sections of the Transition Readiness Assessment Questionnaire (TRAQ) - Youth  Review with parents/provider(s)</p>	<p><b>Transition planning starts by age 12.</b> Ask your child's providers if and at what age they no longer provide pediatric care.</p> <p>Maintain a thorough medical record of your child's medical and family history. Access resources on how to advocate for your child, such as during your child's IEP meeting or from your child's school counselor. Ensure the implementation of necessary accommodations.</p> <p>Develop a partnership with your child regarding their healthcare. Begin conversations about financial responsibility and safety.</p> <p>Assess your child's readiness to transition to adult care.  Parents complete Transition Readiness Assessment Questionnaire (TRAQ) – Parents/Caregivers  Review with child/provider(s)</p>	<p><b>Transition planning starts by age 12.</b> Remind the family at what age the practice no longer provides pediatric care.</p> <p>Assess the child's readiness to transition to adult care.  Review with child &amp; parents/caregivers the TRAQ-Youth and TRAQ-Parents/Caregivers</p>

	<p>Start learning how to advocate for yourself.</p> <p>Ask your providers questions about your health. Practice speaking for yourself and be actively involved in your health care.</p> <p>Learn about your condition(s), medications, and any allergies you may have.</p> <p>Plan for how you will answer questions about your condition to advocate for yourself.</p> <p>Keep a copy of your own insurance card and emergency contact information.</p> <p>Learn how to contact your insurance company and access emergency care.</p> <p>Start meeting alone with your provider for at least part of the session when you are ready, usually starting around age 12.</p>	<p>Teach your child how to advocate for himself/herself.</p> <p>Encourage your child to ask providers questions about his/her health. Encourage your child to speak for himself/herself and be actively involved in his/her health care.</p> <p>Teach your child about his/her condition(s), medications, and any allergies he/she may have.</p> <p>Help your child plan how to answer questions about his/her condition(s) to advocate for himself/herself.</p> <p>Provide your child with their own copy of their insurance card and emergency information.</p> <p>Teach your child how to contact the insurance company and access emergency care.</p> <p>Encourage your child to begin meeting with their provider alone for at least part of the appointment starting around age 12.</p>	<p>Encourage the child to advocate for himself/herself.</p> <p>Ask the child questions directly.</p> <p>Encourage the child to ask questions and speak for himself/herself and be actively involved in his/her health care.</p> <p>Teach the child about his/her condition(s), medications, and any allergies he/she may have.</p> <p>Encourage meeting with the youth alone for at least part of the session when they are developmentally ready, usually around age 12. (Reference American Academy of Pediatrics)</p>
<p><b>Third Stage (13-16)</b></p>	<p><b>Initiate formal transition planning process.</b> Start planning for the time you turn 18. Know when will you need to move to an adult provider?</p> <p>Actively participate in your IEP (Individualized Education Program) process, including the areas that address transition.</p>	<p><b>Initiate formal transition planning process.</b> Maintain documentation of transition planning process. Know when will your adolescent will need to move to an adult provider?</p> <p>Initiate transition planning in your adolescent's IEP.</p>	<p><b>Initiate formal transition planning process.</b> Plan for when youth will need to transition to adult care. Document in EMR. Include readiness, youth's goals, and prioritized actions. (<i>Reimbursable activity - See Provider Transition Resources</i>)</p>



	<p>Continue to develop knowledge of your condition(s). Learn more about your health, health care, and family medical history.</p> <p>Carry your own health insurance card and emergency information.</p> <p>Know what to do in case of a medical emergency.</p> <p>Practice making a provider appointment.</p> <p>Learn how to fill a prescription.</p> <p>See the provider alone for part of the visit to help gain independence in managing your health and health care.</p> <p>Ask your provider about your care both with/without your parent/caregiver present.</p>	<p>Continue to develop knowledge of your adolescent's condition(s). Teach more about health, health care, and family medical history.</p> <p>Have the adolescent carry his/her own health insurance card and emergency information.</p> <p>Ensure your adolescent knows what to do in case of a medical emergency.</p> <p>Have your adolescent practice making a provider appointment.</p> <p>Teach your adolescent how to fill a prescription.</p> <p>Empower your adolescent to begin to manage his/her own healthcare. Encourage your adolescent to see the provider alone for part of the visit to help gain independence in managing his/her health and health care.</p> <p>Have your adolescent ask the provider about his/her care both with/without the parent/caregiver present.</p>	<p>Continue to develop knowledge of the adolescent's condition(s). Teach more about health, health care, and family medical history.</p> <p>Empower the adolescent to begin to manage his/her own healthcare.</p> <p>Encourage the adolescent to see the provider alone for part of the visit to help gain independence in managing his/her health and health care.</p> <p>Have the adolescent ask the provider about his/her care both with/without the parent/caregiver present.</p>
<p><b>Fourth Stage (16-17) Prepare to turn 18</b></p>	<p><b>Update the transition plan.</b> Keep your won copy of transition planning.</p> <p>Before you turn 18 and become a legal adult, you will need to figure out what level of support for managing healthcare you will want or need to have. This is a conversation to have with your parents/caregivers and providers. There</p>	<p><b>Update the transition plan.</b> Maintain written record for transition planning.</p> <p>Before your child turns 18 and becomes a legal adult, you will need to figure out what level of support for managing healthcare your child wants or needs to have. This is a conversation to have with your child and providers. There are</p>	<p><b>Update the transition plan.</b> Update transition plan in EMR as needed. <i>(Reimbursable activity - See Provider Transition Resources)</i></p> <p>Assist the youth and parents/caregivers in figuring out what level of support for managing healthcare the youth wants or needs to have.</p>

	<p>are additional resources such as Family Voices that can provide assistance when needed.</p> <p>Assess your readiness to transition to adult care.</p> <p style="padding-left: 40px;">Access and fill out appropriate sections of the Transition Readiness Assessment Questionnaire (TRAQ) – Youth</p> <p style="padding-left: 40px;">Review with parents/provider(s)</p> <p>Advocate for yourself. Know how to access medical care. Make your provider appointments, see the provider alone, ask the provider any questions you have, and refill medications. Take responsibility for contacting your clinical team with a question or to obtain test results.</p> <p>Transition Planning Talk to your provider about your privacy rights when you turn 18.</p> <p>Work with your provider to make a medical summary. Keep a copy for yourself. Provide others who will help with your healthcare (e.g., parents/caregivers with a copy).</p>	<p>additional resources such as Family Voices that can provide assistance when needed.</p> <p>Assess your adolescent's readiness to transition to adult care.</p> <p style="padding-left: 40px;">Parents complete Transition Readiness Assessment Questionnaire (TRAQ) – Parents/Caregivers.</p> <p style="padding-left: 40px;">Review with adolescent/provider(s)</p> <p>Assist your adolescent in advocating for himself/herself. Ensure the adolescent knows how to access medical care. Have the adolescent make provider appointments, see the provider alone, ask the provider any questions he/she has, and refill medications. Support the adolescent taking responsibility for contacting his/her clinical team with a question or to obtain test results.</p> <p>Transition Planning Talk to the provider about your child's privacy rights when he/she turns 18.</p> <p>Assist your child in working with the provider to make a medical summary for his/her case. Have your youth keep their own copy. Ensure the youth provides others who will help with the young adult's healthcare with a copy.</p>	<p>Assess the adolescent's readiness to transition to adult care.</p> <p style="padding-left: 40px;">Review TRAQ-Y and TRAQ-P/C with youth &amp; parents/caregivers.</p> <p>Assist the adolescent in advocating for himself/herself. Know how to access medical care. Make provider appointments, see the provider alone, ask the provider any questions he/she has, and refill medications. Support the youth in taking responsibility for contacting his/her clinical team with a question or to obtain test results.</p> <p>Transition Planning Talk to the youth and parents/caregivers about privacy rights when he/she turns 18.</p> <p>Work with the youth and parents/caregivers to create/maintain a medical summary to be shared with other providers, including conditions, allergies, surgeries, and medications. Provide the youth keep their own copy. Provide others who will help with the young adult's healthcare with a copy.</p>
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	<p>Talk with your parent/caregiver about the age you want to transfer to a new provider for adult care.</p> <p>Learn how to check your benefits with the insurance company or to sign up for new insurance.</p> <p>Learn how to secure all medical supplies and routinely check to be sure you have an adequate quantity.</p>	<p>Talk with your adolescent about the age he/she will want to transfer to a new provider for adult care.</p> <p>Teach your adolescent how to check benefits with the insurance company or sign up for new insurance.</p> <p>Teach your adolescent how to secure all medical supplies and routinely check to be sure you have an adequate quantity.</p>	<p>when authorized. (<i>Reimbursable activity - See Provider Transition Resources</i>)</p> <p>Discuss with the youth and parents/caregivers the age he/she will want to transfer to a new provider for adult care. Prepare the youth and parents/caregivers for an adult approach to healthcare.</p> <p>Assist the youth/family in identifying adult provider(s), insurance resources, self-care management information, and community support services.</p>
<p><b>Fifth Stage (18-21)</b></p>	<p>You are a legal adult at age 18 and are legally responsible for your care. Parents/caregivers cannot access your medical information or be at the provider's visit unless you consent or if your parent/caregiver retains guardianship after you turn 18.</p> <p>Decide how much support you want from your parents/caregivers and discuss with them.</p> <p>Sign the required release of information forms with each provider to specify who can have access to your information based on your wishes.</p> <p>Work with your current provider to find a new adult provider, if needed. Make sure that the new provider accepts your health insurance.</p>	<p>Your child is a legal adult at age 18 and is responsible for his/her own care. Parents/caregivers cannot access medical information or be in the provider's visit unless the young adult consents or if the parent/caregiver retains guardianship past the age of 18.</p> <p>Discuss with your young adult how much support he/she wants from parents/caregivers.</p> <p>The young adult must sign the required release of information forms with each provider to specify who can have access to his/her information, unless legal guardianship has been assigned.</p> <p>Help your young adult work with the current provider to find a new adult provider, if needed. Work with the young adult to ensure that the new provider accepts his/her health insurance.</p>	<p>Initiate adult care model if youth is to remain in pediatric care setting.</p> <p>Assess young adult's wishes/needs for continued support from parents/caregivers.</p> <p>Provide Release of Information for parents/caregivers when the young adult wishes to authorize it.</p> <p>Transfer youth to adult care providers when indicated (per Transition Plan) when youth is stable and prepared.</p> <p>Update medical summary as needed.</p>

	<p>Be aware of any health changes that may occur during this time and seek help from trusted medical professionals--who understand your condition(s) --to address these issues.  Learn about Specialist vs General Practice / Adult vs Pediatric</p> <p>Update your medical summary with your provider(s).  Have your provider send this to your new adult provider(s).    Keep a copy for yourself. Provide a copy to your parents/caregivers (if desired).</p> <p>Call your new adult provider to schedule the first appointment. Make sure the new office has your medical information. Determine if there are any charges at the time of the visit. Secure all medical supplies and routinely check to be sure you have an adequate quantity.</p> <p>Whether you are living at home, at college, or independently elsewhere, ensure you have a local medical team that you trust and who has your entire medical history on file. If living away from home, be sure to identify and utilize the support services offered through your post-secondary institution or local clinic.</p>	<p>Assist your young adult in being aware of any health changes that may occur during this time and to seek help from trusted medical professionals--who understand his/her condition(s).  Teach about Specialist vs General Practice / Adult vs Pediatric</p> <p>As needed, assist your young adult in updating his/her medical summary with input from provider(s)  Your young adult will need to have providers send this to the new adult provider(s).    Your young adult will need to keep their own copy. Keep a copy for yourself if permitted.</p> <p>Your young adult will call the new adult provider to schedule the first appointment. The young adult will need to ensure that the new office has his/her medical information and determine if there are any charges at the time of the visit. Provide support and assistance as needed.  Your young adult will be responsible to secure all medical supplies and routinely check to be sure he/she has an adequate quantity. Provide support and assistance as needed.</p> <p>If your young adult is living away from home, he/she will need to ensure that he/she has a local trusted medical team that has the entire medical history on file. The young adult will need to be sure to identify and utilize the support services offered through the post-secondary institution or local clinic.</p>	<p>Ensure completion of transfer package. (<i>Reimbursable activity - See Provider Transition Resources</i>)</p> <p>Communicate directly with selected adult clinician about pending transfer.</p> <p>Offer consultation/support and care for the patient until transfer is affected.</p>
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	<p><b>Living as an adult</b> Learn if there are additional changes at 18 that affect you (e.g., health insurance, Social Security Income).</p> <p>Make sure you have an organizational system (such as a binder or folder or electronic files) that includes important health documents, insurance information, prescriptions, appointment schedules and ongoing care.</p> <p>As you begin contemplating your career options, be sure you know your rights and benefits (e.g., health insurance, sick leave) in the workplace.</p> <p>Understand your insurance coverage. Ensure there are no gaps in your medical coverage. Keep your coverage in place at all times.</p> <p>Educate yourself on how to monitor your personal medical information on your own.</p> <p>Independently access psychosocial materials and resources for information and support on managing your condition(s).</p> <p>Consider consulting with a genetic counselor when you begin family planning (for some conditions).</p>	<p><b>Living as an adult</b> Assist in learning if there are additional changes at 18 that affect your young adult (e.g., health insurance, Social Security Income).</p> <p>Assist your young adult is setting up organizational system (such as a binder or folder or electronic files) that includes important health documents, insurance information, prescriptions, appointment schedules and ongoing care.</p> <p>Ensure your young adult knows his/her your rights and benefits (e.g., health insurance, sick leave) in the workplace.</p> <p>Assist in understanding insurance coverage. Help to ensure there are no gaps in medical coverage. Help to keep your young adult's coverage in place at all times.</p> <p>Help your young adult educate himself/herself on how to monitor personal medical information independently.</p> <p>Help your young adult in learning to access psychosocial materials and resources for information and support on managing his/her condition(s).</p> <p>Support your young adult in considering consulting with a genetic counselor when he/she begins family planning (for some conditions).</p>	<p><b>Living as an adult</b> Provide educational materials to the young adult as needed.</p>
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<p><b>Sixth Stage 22+</b></p>	<p>As you consider employment and career options, evaluate all aspects of what each option would provide for you. Educate yourself about insurance and other benefits. Your parents/caregivers can be a valuable resource in evaluating your options.</p> <p>Continue to get care from your adult provider, learn to manage your health and health care, and update your medical summary.</p> <p>Be sure to stay insured. If you change your health insurance, make sure your provider takes your insurance, and learn if there are any charges at the visit.  If you stay on your parent's/caregiver's insurance, plan to transition to your own insurance by age 26.</p>	<p>Your young adult will be considering employment and career options. Assist in evaluating all aspects of what each option would provide. Help to educate about insurance and other benefits.</p> <p>Encourage your young adult to continue to get care from his/her adult provider, learn to manage health and health care, and keep the medical summary updated.</p> <p>Help to ensure your young adult stays insured. If the health insurance changes, the young adult must make sure the provider(s) take the new insurance. Your young adult will need to know if there are any charges at the time of the visit.  If your young adult stays on your insurance, plan to transition to his/her own insurance by age 26.</p>	<p>The young adult will be considering employment and career options. Assist in evaluating all aspects of what each option would provide. Help to educate about insurance and other benefits. Assist the young adult in learning to manage health and health care, and keep the medical summary updated.</p>
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## **References**

Transitioning To Adult Care A Guide for NF Patients and Caregivers - NF Collective  
<https://nfcollective.org/wp-content/uploads/2025/03/Transitioning to Adult Care NF-Collective.pdf>

Healthcare Transition Timeline <https://www.gottransition.org/resource/?hct-timeline-parents-caregivers>

A Family Toolkit: Pediatric to Adult Healthcare Transition <https://www.gottransition.org/resource/?hct-family-toolkit>

TRAQ-Youth <https://gottransition.org/6ce/?leaving-readiness-assessment-youth>

TRAQ-Parent <https://gottransition.org/6ce/?leaving-readiness-assessment-parent>

Primary Care Provider Toolkit for Supporting Transition of Youth from Pediatric to Adult Health Care - Got Transitions  
<https://www.massgeneral.org/assets/mgh/pdf/heart-center/primary-care-provider-toolkit-for-supporting-transition-of-youth-from-pediatric-to-adult-health-care.pdf>

Six Core Elements – Transitioning Youth to an Adult healthcare Clinician  
<https://www.gottransition.org/6ce/?leaving-full-package>

## **Youth & Family Resources**

Healthy Adulthood 101 <https://younginvincibles.org/wp-content/uploads/2018/10/2018-Healthy-Adulthood-Toolkit.pdf>

Got Transitions <https://www.gottransition.org/>

## **Provider Transition Resources**

Sample Transition Registry from Got Transition’s “Transitioning Youth to an Adult Health Care Clinician”  
<https://gottransition.org/6ce/?leaving-registry>

Coding Tip Sheet <https://www.gottransition.org/resource/?2023-coding-tip-sheet>

Sample transition flow sheet from Got Transition’s “Transitioning Youth to an Adult Health Care Clinician”  
<https://gottransition.org/6ce/?leaving-flow-sheet>

Transfer Package <https://gottransition.org/6ce/?leaving-transfer-checklist>