Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

WHAT COMES AFTER TEENAGE YEARS FOR MEDICAL CARE?

Growing up with your pediatric healthcare provider often involves the whole family. From infancy onward, healthcare needs constantly change. As patients grow through their teen years, another major change approaches: **the transition to adult medical care.**

WHAT DOES TRANSITION TO ADULT CARE LOOK LIKE?

AGE 12-14:
Begin the discussion about transition to adult care. with your child and pediatrician

AGE 14-18:
Continue to track your child's progress with their pediatrician

AGE 14-18:
Discuss developing a Health Care Transition Plan with your child's pediatrician with attention to the medical summary

AGE 18-21:
Have your child begin the transfer to adult-centered care

AGE 18-26:
Remain in contact with your child's pediatrician's office if there are questions about the transfer of care

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QUESTIONS TO DISCUSS WITH YOUR CHILD'S PEDIATRICIAN

As your child begins the process of transitioning to adult care, consider asking the pediatrician the following questions:

OTHER FACTS TO CONSIDER

- Young adults can usually stay on a parent or guardian's health insurance plan until **age 26,** which can help support them as they transition to managing their own healthcare.
- Medicaid and Medicaid managed care plans are run by individual states. If your teen moves to another state for school, work, or other reasons, they may need to apply for Medicaid coverage in that new state.
- Once a teen turns 18, parents may lose automatic access to their medical information due to privacy laws. If your young adult wants you to continue helping with their healthcare, discuss how to grant **proxy access** with your provider's office so you can view medical records, appointments, and prescriptions.
- Once a teen turns 18, they are the legal decision-maker for their healthcare. A **Durable Power of Attorney for Healthcare** allows them to name a trusted adult to make medical decisions for them if they are unable to do so.

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