

Switching to an Adult Doctor

Sometimes it seems that just when you finally get used to something, everything changes. Well, the same is true for when you transition, or switch, from a pediatrician (doctor who mostly treats children) to an 'adult' doctor. Planning is the key to a great partnership, and here are some tips as you being your planning.

- ⊗ Begin planning long before you actually need to switch. That way, you will not be rushed when the time comes and you will have plenty of time to get to know your new doctor and health care team.
- ⊗ Ask your current doctor if she or he has any recommendations, suggestions for a good adult doctor, for you. You have probably been seeing your doctor for a while and she or he knows you and may know of a good 'fit'.
- ⊗ Create a description with your current doctor explaining in a clear way, what your disability is. Including a list of major surgeries, treatments and current medication. This way you understand what you need the new doctor to know, and YOU can explain it to them.
- ⊗ Make sure your new doctor and health care team have experience working with others with your disability and/or health care needs. If that is not possible ask your current doctor for good resources so that the new doctor can learn about your disability from helpful accurate information.
- ⊗ When you have a new doctor in mind, see if you can schedule a time to meet with him or her and ask questions. Use this opportunity to share your personal dreams and goals, so that you and your new team can be clear about how you expect to live your life and make sure that they will be there to support your choices.
- ⊗ When you have chosen a new doctor, make sure to have your medical records transferred, before your first visit.
- ⊗ Remember, you have the right to privacy and can talk with your doctor alone (without your parents) if you need to.



RESOURCES

Transition to Adulthood—Contacts to Consider

<http://depts.washington.edu/healthtr/Timeline/adulthood.htm>

This is part of the Adolescent health transition Project, part of the Center on Human development and Disability at the University of Washington. This is the adult transition timeline, things to consider.

Healthy & Ready to Work

www.hrtw.org/healthcare/hth_care.html

The National Healthy & Ready To Work project has excellent resources on health care financing and access. On this part of the website, they offer resources and information on confidentiality, access and paying for your health care.