



Supporting Black Autistic Girls

in the Transition to Adult Health Care

FAMILY VOICES[®]

For self-advocates and families

Finding the Right Fit with Your Health Care Provider

As you move to adult health care, you will need to find adult health care providers instead of providers who work only with pediatric patients. We asked Black autistic girls and young women about what was important to them when they search for a new provider. Here's what they said.

Do your homework. It can take some time and effort to find the right medical or mental health care provider.



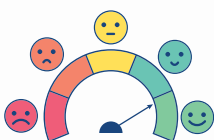
- **Talk to your current health care providers** about who might be a good fit for your adult health care. Ask them to connect you with adult providers. They can even meet with you as a team to help transition your care.
- **Ask other young adults and families** who they see for health care services. Find out which providers have experience with autistic patients in your area.
- **Read the online bio** of a potential provider and look at online reviews of real patient experiences.

Watch and listen. When you are with your health care provider, pay attention to how they interact.



- Do they **talk to you directly** instead of your care partner?
- Do they **listen to you** and respect the ways you communicate?
- Do they try to **get to know you**?
- Do they **give you time** to talk about what matters to you?
- Do they **believe what you say** about your health and your needs?

Look inward. Consider how you feel when you are with your provider.



- Do you feel heard and **respected**?
- Do you feel like the provider **cares** about you?
- Do you feel like your provider shows **ableism** or discriminates against you or your care partner?
- Is the provider's care setting **accessible** and comfortable for you?
- Does the provider **include** your care partner in the ways you prefer?

Learn more. Moving to adult health care is a process. Here are some tools to get started.



- [Getting Ready for HCT - Moving to Adult Health Care](#) | Center for Transition to Adult Health Care for Youth with Disabilities
- [Switching to an Adult Doctor](#) | Family Voices
- [Finding Providers](#) | AASPIRE Healthcare Toolkit for Patients and Supporters
- [Roadmap to Transition A Handbook for Autistic Youth Transitioning to Adulthood](#) | Autistic Self Advocate Network



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