



## Supporting Black Autistic Girls

in the Transition to Adult Health Care

FAMILY VOICES<sup>®</sup>

# Working with a Care Partner as You Move toward Adult Health Care

For self-advocates

As you transition to adult health care, you may find your role shifting. Earlier in your life, your parent or caregiver might have been the one to speak up for you and serve as your advocate.

As the adult years approach, it is important to start taking a step forward so you can be a leader in your health care decisions. You may still want to have your parent or caregiver step in as a care partner to help you think about your care and make health care decisions.

**Get ready to take the lead.** Being a leader in your care starts with understanding your own needs.



- **Get a good understanding about autism** and any other medical or mental health conditions you have.
- **Know your health history.** Your parent or care partner can help you look at and understand your online medical records.
- Understand what **treatments and medications** are available to you, and which ones have worked for you in the past.

**Start speaking up for yourself.** Your voice matters.



- **Practice talking about your health** and what you need to be your best self.
- **Speak up** if your care is not working well for you.

**Focus on relationships and communication.** Get to know your team and help them get to know you.



- **Be thoughtful about how autism affects you and shows up in your life.** Share that information with your care partner and health care team so they can provide the supports you need to participate in your care.
- **Develop a relationship with your health care team.** Get used to talking to them and communicating through email, your patient portal, or by phone.
- **If you choose to have a parent as your care partner, make sure you are willing to collaborate with them about your care.** Your relationship and ability to communicate without a lot of conflict will support your health care decision making.

**Learn more.** Here are some tools to help you get ready to transition to adult health care.

- Take a [\*quiz\*](#) from Got Transition to see if you are ready to transition to adult health care.
- Watch this video about moving to adult health care from Got Transition in [English](#) or [Spanish](#).
- Learn about transitioning to adult health care through this [infographic](#).
- Read about [Moving Into Adult Health Care: What Do Young Adults with and without Disabilities Need to Know?](#) from the Connecticut State Department of Health.



**Share this  
document**