

The Transition From a Pediatric Office to Adult Health Care

Peachtree Park Pediatrics cares about you. We will help you move smoothly from pediatric to adult health care. This means working with you, starting at age 14, and your parent/caregiver to prepare for the change from a *pediatric model of care* to an *adult model of care.* A pediatric model of care is where parents/caregivers make most choices. An adult model of care is where you will make your own choices. We will spend time during visits without your parent/caregiver in the room to help you set health goals and take control of your own health care.

By law, you are an adult at age 18. We will only discuss your health information with others if you agree. Some young adults choose to still involve their parents/caregivers in their health care choices. To allow your doctor to share information with them, consent is required, and we have these forms at our practice. For young adults who have a condition that limits them from making health care choices, our office will share with parents/caregivers options for how to support decision-making. For young adults who are not able to consent, we will need a legal document that describes the person's decision-making needs.

We will work with you to decide the age for moving to an adult doctor. We suggest that this move take place before age 21. Our office policy is to prepare you to move to an adult doctor. This includes helping you find an adult doctor, sending medical records, and talking about any special needs with the adult doctor.

Your health matters to us. As always, is you have any questions, please feel free to contact us.

Transition Readiness Assessment Questionnaire (TRAQ)

Patient Name: _____ **Date of Birth:** ___/___/_____ **Today's Date:** ___/___/_____

Directions to Youth and Young Adults: Please check the box that best describes ***your*** skill level in the following areas that are important for transition to adult health care. There is no right or wrong answer.

		No, I do not know how	*No, but I want to learn*	*No, but I am learning to do this*	*Yes, I have started doing this*	*Yes, I always do this when I need to*
1.	Do you call the doctor's office to make an appointment?					
2.	Do you keep a calendar or list of medical and other appointments?					
3.	Do you know your health insurance information?					
4.	Do you reorder medications before they run out?					
5.	Do you attend your medical appointment or part of your appointment by yourself?					
6.	Do you fill out the medical history form, including a list of your allergies?					
7.	Do you explain any medications (name and dose) you are taking to healthcare providers?					
8.	Do you ask questions of your nurse or doctor about your health or health care?					
9.	Do you answer questions that are asked by the doctor, nurse, or clinic staff?					
10.	Do you tell the doctor or nurse what you are feeling?					
11.	Do you contact the doctor when you have a health concern?					
12.	Do you make or help make medical decisions pertaining to your health?					