

# Health Care Transition Timeline

## for Youth and Young Adults

The MUSC Children's Health Patient and Family Advisory Council (PFAC) and *Got Transition*® have developed this timeline to help you consider all of the things you and your family need to know before you transition to adult care. Please visit: [GotTransition.org](http://GotTransition.org) for more information and find transition readiness assessments here: [Youth Assessment](#) or [Parents/Caregivers Assessment](#).

Age 12-13

- Learn about your health condition, medications, and allergies.
- Ask your doctor questions about your health.
- Ask your doctor if and at what age they no longer care for young adults

Age 14-15

- Take Got Transition's Transition Readiness Assessments with your caregiver and doctor to find out what you know and what you need to learn.
- Carry your own health insurance card.
- Add your medical information to your smartphone.
- Learn more about your health and your family medical history and what to do in case of an emergency.
- Practice making a doctor's appointment and ordering prescription refills.
- Begin to see the doctor alone for part of the doctor's visit to help gain independence in managing your health and health care.

Age 16-17

- Learn how to access and use MUSC's MyChart. At age 16 your caregiver can only access your medical information with your permission.
- Make your own doctor's appointments, see the doctor alone, ask the doctor any questions you have, and refill medications.
- Work with your doctor to make a medical summary. Keep a copy for yourself.
- Before you turn 18 and become a legal adult, work with your doctor to choose an adult doctor who accepts your health insurance and find out when you should make a new patient appointment.

Age 18-21

- You are a legal adult at age 18 and are legally responsible for your care. Caregivers cannot access your medical information or be in the doctor's visit unless you agree.
- Update your medical summary with your doctor. Have your doctor send this to your new adult doctor. Keep a copy for yourself.
- Call your new adult doctor to schedule your appointments. Make sure they have your medical summary, and be prepared to pay any fees.
- Learn if there are additional changes at 18 that affect you (e.g., health insurance, Social Security Income).

Age 22-25

- Continue to get care from your adult doctor, learn to manage your health and health care, and update your medical summary.
- Be sure to stay insured. If you change your health insurance, make sure your doctor takes your insurance, and learn if there are any charges at the visit.