

## Making a Smooth Transition from Pediatric to Adult Care

The Department of Rheumatology is here to help make your transition from child to adult health care easier.

- **A child model of care** is where your parents/caregivers are in charge of your healthcare and make most decisions for you.
- **An adult model of care** is where you are in charge of your care. This process helps you understand your disease so that you are ready to take responsibility in making decisions.

We often start this process when you are about 14 years old. Your care team will help you and your family get ready for this next step so that it's successful.

Patients with chronic health problems can need extra help when learning to manage their own care. When the time comes for you to move to adult rheumatology, we will work with you to find an adult rheumatologist.

### What to expect:

- **Age 12 to 13: Taking more responsibility.** We will help you start taking charge of your health care. We will start talking more with you during your visits, and less with your parent or caregiver. We will help you learn how to talk about your health history, symptoms, and medications.
- **Age 14 to 17: Learning Independence.** We may see you alone for part of each visit. This helps you become more independent and comfortable talking with your provider.
  - You will have the chance to ask questions and make decisions about your own care as well as learn how to use tools for your care, such as MyChart.
  - MyChart is an app for your medical records, lab tests, managing your medications, and talking with your care team. Starting at age 14, parents have limited access. Teen patients can request their own MyChart account with full access to their health records.
- **Age 18 to 21:** This is when most people start seeing an adult rheumatology provider. We will work with you to find the right provider based on your needs.
  - You become a legal adult at the age of 18. By this time, you should be able to talk with your care team and make medical decisions.
  - You also have control over who else can see your medical information. We can only share your information with you, your care team, and the people you choose. You must sign the "Release of Information" form so we can share your information with others, which include even your parents or caregivers.
  - For patients who aren't able to make their own healthcare decisions for any reason, the social work department is able to help.

---

childrenscolorado.org

**Author: Rheumatology | Approved by Patient Education Committee | Valid through 2027**

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

## Resources:

**GotTransition:** federally funded national resource center on health care transition



[www.gottransition.org](http://www.gottransition.org)

**American College of Rheumatology:** Pediatric to Adult Rheumatology Care Transition



<https://bit.ly/496KhGk>

**Children's Hospital Colorado Transitions Program**



<https://bit.ly/3Sb5gB7>