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Dear Patient and Family,

Centerpoint Health is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves working with youth, beginning at ages 12 to 14, and their families to prepare for the change from a “pediatric” model of care where parents make most of the decisions to an “adult” model of care where youth take full responsibility for decision-making. This means we will spend time during the visit with the teen without the parent present in order to assist them in setting health priorities and supporting them in becoming more independent with their own healthcare.

Our goal is to appropriately educate patients to adult care. Clinical and/or clinical support staff will provide educational materials and discuss with patients the important preventive health screenings specific to adult ages.

As adolescents transition to adulthood, we respect that many of our young adult patients choose to continue to involve their families in healthcare decisions. Only with the young adult’s consent will we be able to discuss any personal health information with family members. If the youth has a condition which prevents him/her from making health care decisions, we encourage parents and/or caregivers to consider options for supported decision-making.

We will work with youth and families regarding the age for transferring to an adult provider at Centerpoint Health and recommend that this transfer occur before age 19. We will assist with this transfer process, including helping to identify an adult provider, maintaining appropriate records, and communicating with the adult provider about the unique needs of the patient. If the patient chooses an adult provider at another practice, we will assist in this process as well including sending medical records and communicating with the adult provider about the unique needs of our patients.

Respectfully,
Centerpoint Providers and Staff

Signature of Parent/Guardian

Signature of Patient

This policy was adapted from Got Transition © Got Transition™/Center for Health Care Transition Improvement, 2020
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■ www.GotTransition.org