

# PARENTING

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FAMILY  
SUPPORTING  
SIBLING  
CARETAKER  
DEVELOPMENT  
RELATIONSHIP  
TOGETHER  
HOME

## Maryland Health Care Transition

### FACT SHEET *FOR Parents and Caregivers*

Health care transition is the process of getting ready for health care as an adult. During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility.

**Your Role:** During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility. Achieving this independent requires an organized transition process to gain independent health care skills, prepare for an adult model of care, and transfer to new providers. There are several steps you can take to make sure the transition to adult health care goes smoothly.

#### **WHAT YOU CAN DO**

- Educate your youth on their diagnosis.
- Talk with your youth's doctor about transitioning to adult health care. And how you will support them in that process.
- Be ready to change and to let go. Start the conversation with your youth about being independent in self-management of their health care.
- Beginning at age 12, set small goal with your youth that increases their involvement in the health care transition process.
- Seek appropriate resources and support to help with the health care transition process.
- Become familiar with your child's insurance coverage options as he or she approaches 18 years of age.
- Speak to school health staff about including health care transition goals into your youth's care plan.

#### **Resources:**

- Got Transition: <http://www.gottransition.org/>
- Resource Locator : <http://specialneeds.health.maryland.gov/>
- Health Care Transition Notebook:  
<http://phpa.health.maryland.gov/genetics/Pages/MyHealthcareNotebook.aspx>
- Office of Genetics and People with Special Health Care Needs website:  
<http://phpa.health.maryland.gov/genetics>
- Guardianship and Alternatives for decision making:  
<http://www.gottransition.org/resourceGet.cfm?id=17>
- Check List: <http://illinoisap.org/wp-content/uploads/CAREGIVER-CHECKLIST.pdf>

Use the **GLADD** approach when talking to doctors or nurses and in managing your child's care:

- Give information
- Listen and learn
- Ask questions
- Decide on a plan
- Do your part



**Maryland Department of Health**

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary

## FAQ (Frequently Asked Questions by Parents/Caregivers)

**Discovering:** learn about your provider's approach to transition

### What should I be asking my youth's health care provider about transition?

Ask about the transition process, ask for a copy of your child's medical summary. Ask when the practice will no longer see teens, how the transfer to an adult provider actually works.

**Preparing:** learn to manage your own health care

### As a parent, how can I prepare to "let go" of managing my child's health care?

Launching your child into the world as an adult can be scary and hard. You may not be able to imagine them surviving without relying on you to guide them through each new step in their life, but it's important to give them the chance to earn confidence in themselves so they can be independent in taking care of themselves.

**Planning:** get ready for adult health care

### If my child needs help with making health care decisions, what are our options?

The law will automatically recognize you as a legal authority over your child's life. When your child turns 18, you will need to do some complete legal paperwork and possibly also appear in court to be sure you can act as the legal guardian. You will need to obtain documentation to ensure you are the appointed person to make decisions on his/her behalf. There are more options than you realize for decision-making after age 18, ranging from the least restrictive (signed consent form at doctor's office) to the most restrictive (legal guardianship).

### What about coverage under the Children's Health Insurance Plan?

Definitely before your child turns 18, find out about your state Medicaid coverage for young adults. Every state is different. Medicaid coverage for adults is typically less generous than it is for children.

**Transferring:** make the change to an adult provider

### How is adult health care likely to be different than pediatric care?

The main difference between a pediatric and an adult approach to health care is that you are the only person communicating with your provider and making your health care decisions, unless you sign a release of information form.

**For More Answers, visit:** <http://www.gottransition.org/youthfamilies/index.cfm>

For More Information:

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