

HEALTHCARE



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Health Care Transition (HCT) includes several decisions, conversations and events that lead to you having more control over your health and health care decisions.
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When you turn 18 you are considered an adult, and doctors are legally required to talk to you about your health. If you want others involved, such as parents, guardians, or supports, you must invite them. Also, friends, family, and support professionals cannot view your health records unless you say that it is OK.



- **HCT is a process** and one that often takes many years. When you start early, around 12 years old, you can make changes bit by bit rather than all at once.
- **Pediatricians** (that means a doctor for children) can tell you when you need to find a doctor for adults, and they can help you find those new doctors.
- **Know** and be able to communicate your health history, medications, and how you are feeling.
- **Learn more health self-management**, like how to make doctors' appointments, fill prescriptions, and talk alone with your nurses and doctors.

Why is it important:

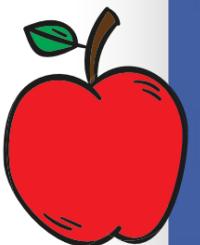
"You have to really advocate for yourself and tell the doctors what you think because nobody knows the individual, but the individual themselves."

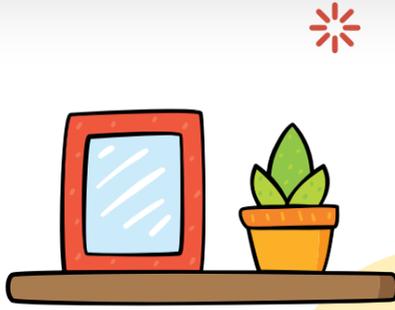
"It is very important to communicate and advocate."



What advice would you give your younger self?

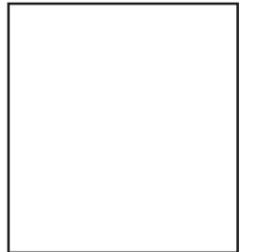
"It's okay to have questions. Don't be afraid to speak up for your opinions and what you think you need. Don't be afraid of the people in the white coats."





Healthcare now that you're becoming an

ADULT...



Mailing Panel

Here's how you can get



READY!

