

5 TIPS FOR SUCCESS

in Healthcare Transition

Healthcare transition, like all other aspects of transitioning to adult care and services, can be difficult. However, if families plan ahead for the changes that will occur when a child turns into an adult, things can go quite smoothly and be successful.

START

1 PLAN AHEAD FOR A SMOOTH TRANSITION

Transitioning to adult healthcare can be challenging, but planning ahead can make it smoother and more successful. Start thinking about this transition early to avoid last-minute stress.

2 UNDERSTAND CHANGES IN PROVIDERS AND INSURANCE

As you transition to adult care, you'll encounter new medical providers and insurance systems. These changes can be significant, so it's important to understand how they work and what they mean for your healthcare coverage.

3 TAKE CHARGE OF YOUR HEALTHCARE

As a young adult, you'll be responsible for your own healthcare decisions. This includes understanding your insurance options, knowing how to access healthcare services, and making informed choices about your health.

4 USE AVAILABLE RESOURCES

There are many resources available to help you navigate the transition to adult healthcare. These resources include online tools, educational programs, and support networks like Family to Family and Got Transition. Take advantage of these resources to empower yourself and make informed decisions.

5 SEEK GUIDANCE FROM MEDICAL PROVIDERS AND EXPERIENCED FAMILIES

Your medical providers and families who have gone through similar transitions can be valuable sources of guidance and support. Don't hesitate to ask questions, seek advice, and learn from their experiences to make your transition smoother and more successful.