



# Making the Move to Adult Health Care

## A Health Care Transition EZ-Reader



**Department of  
Developmental  
Disabilities**



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University of Cincinnati Center for  
Excellence in Developmental Disabilities

## What Is This?

This is one in a series of 6 booklets. They are meant to help you learn about moving to adult healthcare and healthy living.

This EZ-Reader, **Making the Move to Adult Healthcare**, is to help you learn about things to think about and do as you begin to use adult health care. It is meant to help you as you look for a new doctor and plan for your first visit.

## How to Use the EZ-Reader



EZ-Readers use words and pictures to help you understand what you need to know.



You might be able to read this booklet by yourself.



You can also ask someone to read it with you.

## Knowing When Is It Time to Move to Adult Health Care



The doctor you have now may tell you they can no longer see you because you are an adult.



Your parents or other supporters may tell you that they think it is time for you to see a doctor that treats adults.



You may feel that it is time for you to move to adult health care.

## Making the Move to Adult Health Care



Your health care will be different as you become an adult.



You have been learning more about your own health and health care.



You may have already started managing more of your own health care.

## Getting Started



Think about what you want in an adult doctor.



Do you prefer a male or female doctor?



Would you like a doctor in a small or a large practice?

## Where Can You Find Doctors?



Start with the doctor you see now.



Ask for a list of adult doctors you could see.



Is there a doctor they think would be a good fit for you?

## Ask People You Know and Trust



Ask family members and friends about which doctors they see.



Ask family members and friends if they have a doctor they think would be a good fit for you.



Ask what they like about the doctor they suggest.



## Check with Your Health Insurance



Health insurance companies have a list of doctors who are “in-network.”



In-network means your insurance will pay for part of the doctor’s visit.



You may need to pay money called a co-pay to see a doctor.

## What to Think About When Choosing an Adult Doctor



Is the doctor's office near you?



Is the doctor's office easy to find or get to?



Does the doctor have more than one location?

## What to Think About When Choosing an Adult Doctor



How will you get to appointments?



Is the parking lot accessible?



Is the building easy to get into and get around inside?

## Things to Ask the New Doctor's Office



Is the doctor taking new patients?



Does the doctor take your insurance?



What is the wait time to get to see the doctor?

## More Things to Ask



What are the hours when the office is open?



How quickly can you see the doctor if you are sick?



What if you get sick after hours?

## Contacting Your New Doctor



Ask how you should contact your doctor (by text, phone or email).



Ask how you would make, change or cancel an appointment.



Write down any contact numbers or emails they give you.

## Questions About Care



Will you always see the same doctor? Or are other health workers available (nurse practitioner, physician assistant)?



What kind of care can you get?



Are labs and x-rays done in the doctor's office, or somewhere else?

## Hospital Care



What if you need to go to the hospital?



What hospital would the doctor send you to?



Is the hospital covered by your insurance?



## What Will You Pay?



Ask how much you will need to pay for the visit.



Ask if there is a co-pay.



Ask what happens if you cancel or miss a visit.

## Getting Ready for Appointments with Your New Doctor



Ask your current doctor to send a medical summary to your new doctor.



A medical summary includes your history, treatments and other things your new doctor should know about you.



Your current doctor can also include a letter with the summary or call your new doctor.

## Before the Visit



Make a list of questions you want to ask your new doctor.

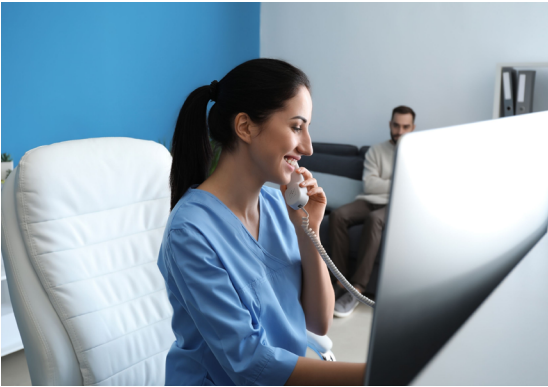


Have important documents like your ID and insurance card.



Plan to arrive 10 or 15 minutes early for your appointment.

## Before the Visit



Call ahead to make sure they have your medical information from your old doctor.



Make arrangements to get to the appointment.



Invite a supporter to go with you if you would like.

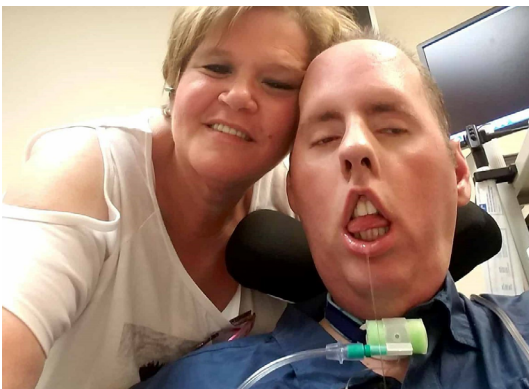
## During the Visit



Ask your doctor questions from your list.

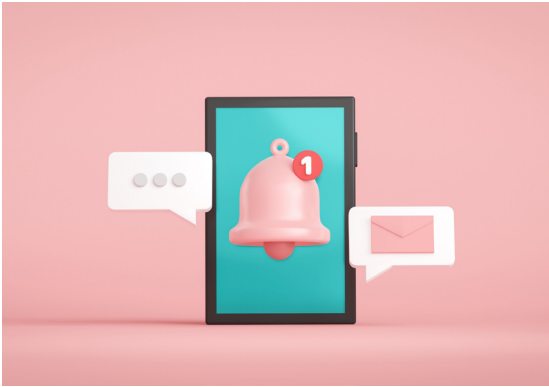


Take notes on what happens at the appointment.



You can bring someone with you to help take notes.

## Important Things to Remember



Set a reminder on your phone or ask someone to remind you so you don't forget appointments.



Let your doctor's office know ahead of time if you cannot keep an appointment.



Know what your insurance does and does not cover.

## More Things to Remember



Tell the doctor about your symptoms if you are sick.

A close-up of a "Health History" form. The form has columns for "Yes", "No", and "Condition". A yellow pencil is resting on the form. The conditions listed include Diabetes, Hypertension (high blood pressure), Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers., Family history of heart disease or any sudden heart-related death of a family member before age 50., Stroke/TIA, Asthma, Lung/respiratory disease, COPD, Ear/eyes/nose/sinus problems, Muscular/skeletal condition/muscle or bone issues, and /concussion.

Tell your doctor about your health history.



This will help them treat you the best way.

## Your Responsibilities



Ask questions about your care.



Follow treatment plans that you and your doctor decide.



Let your doctor know if you are unhappy with your care.



## Resources

### ***Charting the LifeCourse Healthy Living: Medication List***

This tool will help you keep track of what medications you take, why you take them and more.

<https://umkc.box.com/shared/static/6xaslmfgdzmxy3nbtri4fkgaxbct9vqx.pdf>

### ***Charting the LifeCourse Healthy Living: Medical Provider List***

This tool will help you keep track of your medical providers, why you see them and more.

<https://umkc.box.com/shared/static/xoxco6qto09db2j5tpgc0907celwa6yn.pdf>

### ***USNews.com - How to Pick a New Doctor***

<https://health.usnews.com/health-care/top-doctors/articles/how-to-pick-a-new-primary-care-doctor>

### ***Florida Center for Inclusive Communities - My Health Passport***

[flicic.fmhi.usf.edu/docs/FCIC\\_Health\\_Passport\\_Form\\_Typeable\\_English.pdf](http://flicic.fmhi.usf.edu/docs/FCIC_Health_Passport_Form_Typeable_English.pdf)

### ***Utah Medical Home Portal- Finding Adult Health Care***

[ut.medicalhomeportal.org/living-with-child/navigating-transitions-with-your-child/transition-to-adulthood/finding-adult-health-care](http://ut.medicalhomeportal.org/living-with-child/navigating-transitions-with-your-child/transition-to-adulthood/finding-adult-health-care)

### ***Got Transition – Sample Medical Summary***

<https://www.gottransition.org/6ce/?leaving-medical-summary-emergency-plan>

### ***YouTube – How Hunter found his adult doctor***

<https://www.youtube.com/watch?v=SjXlIfyvqJhA>

### ***Got Transition – Questions to Ask Your Doctor***

<https://gottransition.org/resource/?hct-questions-ask-doctor-youth>

### ***Got Transition – One page information sheet***

[gottransition.org/resource/information-joint-telehealth-visit-young-adults](http://gottransition.org/resource/information-joint-telehealth-visit-young-adults)

### ***Medline Plus – Choosing a Primary Care Provider***

<https://medlineplus.gov/ency/article/001939.htm>

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**LifeCourse Nexus**

Training and Technical Assistance Center  
UMKC Institute for Human Development • UCEDD