



# Transition: Healthcare Pediatric Care to Adult Care

## **What is Health Care Transition?**

Health care transition, or HCT, is the process of getting your youth ready for health care as an adult. During childhood, you usually help with health and health care needs—calling to set up appointments, filling out forms, and keeping track of medications. As your youth gets older, managing those needs becomes their own responsibility. Achieving this independence requires an organized transition process or them to gain independent health care skills, prepare or an adult model of care, and transfer to new clinicians.

## **Medical Coverage and Services**

Medical coverage is complex. Many must transfer medical care from pediatric to adult care. These transitions can start as early as age 16 up to age 21 at the doctor/clinics discretion. Start the conversation.

At age 18 parents/families may lose the ability to facilitate doctors appointments, medical/patient documents, access to patient portals, etc without legal guardianship (see above).

Services through DDA such as employment support services and Medicaid Person Care rely on certain medical coverage. It is important to keep the resource limit once you receive these services. The main ways that people are eligible for Medicaid which ensures eligibility for DDA services are: Receiving SSI, Healthcare for workers with disabilities (HWD) and by qualifying for institutional Medicaid

**Washington Health Plan Finder** <https://www.wahealthplanfinder.org/content/Homepage.html>

**1-855-923-4633; TTY 1-855-627-9604** The official insurance exchange for Washington State use this site to apply for Apple Health for Kids, Medicaid, and Affordable Care Act (ACA) health plans.

**Health Care Authority/Apple Health/Medicaid** <http://www.hca.wa.gov/> **(800)562-3022**

Managed Care Health Plans offered by Apple Health

Amerigroup **(800)600-4441**

Community Health Plan of WA **(800)440-1561**

Coordinated Care Corp **(877)644-4613**

Molina Healthcare of WA **(800) 869-7165**

United Healthcare Community Plan **(877)542-8997**

**ParentHelp123/ Within Reach** <https://www.parenthelp123.org/> **(800) 322-2588** Operated by the statewide non-profit Within Reach, and helps Washington State families. Use their Benefit Finder to apply for health insurance, food assistance programs and more.

**Opportunity Council** **(360) 679-6577 (800) 317-5427** Connects people with community resources to help meet basic needs such as health insurance, food and housing.

**State Health Insurance Benefits Advisors** **SHIBA (800)562-6900** To promote understanding about Medicare, Medicare Supplement Insurance, Long-term care insurance, consumer protection, and general health insurance topics. Consultations are free.

**Washington State Insurance Commissioner** **(800)562-6900**

**Tricare** Military Medical Insurance **(844)866-9378**



## SYSTEM DIFFERENCES BETWEEN PEDIATRIC AND ADULT HEALTH CARE

System Characteristics	Pediatric	Adult
Orientation to Care	Growth and development	Maintenance of well-being with aging
Practice Approach	Family-centered; shared decision-making with parents	Patient-centered; shared decision-making with young adult
Primary Care Practice Patient Population	Majority of patients do not have chronic conditions	Majority of patients have chronic conditions
Specialty Clinic Affiliation/Location	Most pediatric specialty clinics located in children's hospitals	Most adult specialty practices located in private office-based settings
Multidisciplinary Staffing	Most pediatric specialty clinics are co-located with other specialists and can offer ancillary therapies	Most adult specialty clinics are not co-located with other specialists and need to refer out to other specialists and ancillary therapists
Availability of Care Coordination	Most pediatric subspecialty clinics and many pediatric primary care practices have care coordination services. Several public care coordination programs (e.g., State Title V program) are available for youth with specific chronic conditions	Few adult specialty clinics and even fewer adult primary care practices have the availability of care coordination services. Few public care coordination programs are available for adults with chronic conditions
Length of Appointment	Longer time	Shorter time
Time Alone	Sometimes for part of visit	Legally required for confidentiality over age 18, unless young adult gives permission for others to be present
Patient Role as Self Advocate	Less, given parental support/presence during visit	Essential
Patient Role in Making Appointments and Medication Refills	Parent handles	Patient handles
Adherence to Care	Offer more reminders and work arounds (e.g., using shots or intravenous medications); provider has legal option of contacting protective services if needed	Expectation of adherence; up to patient to follow treatment/medication recommendations; provider has no legal options
Medication Dosage	Depends on weight	Commonly one adult dose, but occasionally related to weight
Use of Pain Medications	More liberal availability	More restrictive availability
Time in Care System	Usually about 20-25 years	Average 50+ years

Copyright © Got Transition®. Non-commercial use is permitted, but requires attribution to Got Transition for any use, copy, or adaption.

Got Transition ([GotTransition.org](http://GotTransition.org)) is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) (U1TMC31756). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.