HEALTH CARE TRANSITION:

GETTING READY FOR HEALTH CARE AS AN ADULT!

PARTNERSHIP HEALTHPLAN OF CALIFORNIA

What is Health Care Transition?

Health care transition is how children get ready for health care as an adult.

The American Academy of Pediatrics suggest parents and their child's doctor(s) plan for this change as early as age 12.

During childhood, parents/guardians might have helped their preteen(s) with their health and health care needs by:

- Going to their visits with them
- Asking their doctor questions about their health
- Scheduling visits and getting their medicines for them
- Keeping track of their health issues, medicines, and allergies

As children get older, they will be in charge of their own health care needs. Parents/guardians can help their child or children learn how to make this change from child health care to adult health care!

Common Changes Seen in Preteens: 9-11 Years Old

Preteens will start going through many stages as their bodies start to change.

Some of the changes or struggles preteens may go through when they are 9 to 11 years old are:

- Wanting to spend more time with friends
- Peer pressure
- Noticing their bodies changing
- School work getting harder
- Having their own points of view

Common Changes Seen in Preteens/Teens: 12-14 Years Old

Preteens/teens will keep going through many stages as their bodies change.

Some of the changes or struggles preteens/teens may go through when they are 12 to 14 years old are:

- Caring about how they look or struggles with self-image
- Changes in mood
- Changes in how they treat family
- Stress from school
- Possible issues with how they think about food and eating
- Possible changes in mental health, such as feelings of sadness or depression
- Being better at explaining their feelings
- Sharing their struggles with their friends or other adults
- Having a stronger sense of what is right or wrong

What is the Goal of Health Care Transition?

The goal is to help preteens learn the skills to take charge of their own health care as they grow up.

The role of a parent/guardian will go from taking care of the preteen/teen's health care needs to supporting them if they ask. The doctor may want to start seeing the preteen alone during a doctor's visit.

Common topics the doctor might want to talk about are:

- Overall health
- Surveys about health and experiences
- Body changes
- Human papillomavirus (HPV) vaccine, which helps protect against a virus that can cause different cancers
- Bullying
- Other topics about health, behavior, or feelings

Questions Parents/Guardians Can Ask

Talking with your child's doctor can help answer any more questions you may have.

Questions to ask your child's doctor are:

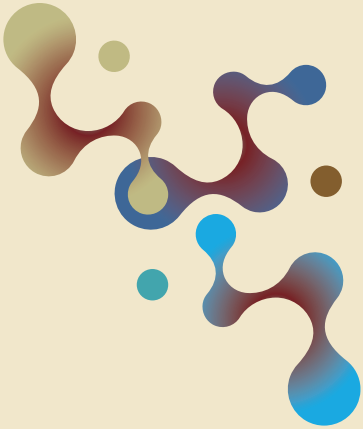
- When do they start meeting with the doctor alone during their visit?
- What do they need to learn to prepare for adult health care?
- What do we need to know about privacy and consent before my child turns 18 and becomes an adult?
- Where can I go to learn more if my child needs help with making health care choices?
- Do they need to get a new doctor that sees adults? If so, at what age?

More Questions?

Partnership Health Plan of California cares about keeping children healthy. We want to support everyone as children grow into adults.

Call Population Health at **(855) 798-8764**
Monday – Friday, 8 a.m. to 5 p.m. for help.
TTY users can call the California Relay Service at
(800) 735-2929 or call **711**.

Partnership HealthPlan of California – Your Partner In Health.



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