When you become an adult, your experience at the doctor’s office and the hospital might be different from what you are used to. This fact sheet explains some of the changes you might notice.

## Comfort & Familiarity

<table>
<thead>
<tr>
<th>Pediatric</th>
<th>Adult</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>- You have known your doctors for a long time.</td>
<td>- You won’t know much about your new doctors and the staff.</td>
<td>- Set up a “meet-the-doctor” visit with your new doctors.</td>
</tr>
<tr>
<td>- You feel comfortable during your visits.</td>
<td>- You will need to explain more about yourself and your condition.</td>
<td>- Be patient as your doctors get to know you.</td>
</tr>
<tr>
<td>- You know what to expect during the exam.</td>
<td>- You might feel nervous about talking with the doctor.</td>
<td>- Ask your pediatric doctor to send records or a portable medical summary to your new adult doctor.</td>
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<td></td>
<td>- The exam might be different.</td>
<td>- Tell the doctor and someone you trust how you feel.</td>
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<td></td>
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<td>- Ask the doctor to explain what will happen during the examination.</td>
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</tbody>
</table>

## Responsibility

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</tr>
</thead>
<tbody>
<tr>
<td>- Parents often stay with you during your doctor visits.</td>
<td>- You will decide if someone (friend, parent, caregiver) stays with you during your doctor visits.</td>
<td>- Don’t be afraid to ask questions.</td>
</tr>
<tr>
<td>- Parents help answer questions from the doctor for you.</td>
<td>- You will explain things about your treatment and condition on your own.</td>
<td>- Practice to be ready to take care of your own health.</td>
</tr>
<tr>
<td>- Parents help make decisions about your treatment.</td>
<td>- You will decide about treatment.</td>
<td>- Ask your doctor for help to build your skills.</td>
</tr>
<tr>
<td>- Parents arrange follow-up and check on test results.</td>
<td>- You will follow-up on tests and appointments on your own.</td>
<td>- If you want, someone you trust can stay with you.</td>
</tr>
<tr>
<td>- Parents help you follow your treatment plan.</td>
<td>- You will take more responsibility for your medical care.</td>
<td>- Some may need help with adult expectations, and guardianship or alternatives may need to be explored.</td>
</tr>
</tbody>
</table>
### Pediatric Tips
- You might be seen by a team of doctors and other health providers at the same visit.
- You might have a number of support services to help you.
- Your doctors focus on your present and future possibilities.
- Your parent is told about your health information and medical care.

### Adult Tips
- You might have to see doctors and other providers at different locations and on different days.
- You might not qualify for the services you received before you turned 18.
- Your adult doctors might focus on what you can do in the present.
- Your health information will be kept private and can only be shared with your consent.
- If you have a guardian, he/she will be told about your health information.

### Services
- **Pediatric**
- **Adult**
- **Tips**
  - Find an adult primary care doctor who will help you coordinate care with specialists and other providers.
  - Talk to a social worker about adult services you may need and be eligible for (personal assistant, home services, financial help, etc.).
  - Ask your doctor to help you think about how work choices may affect your health and explore accommodations available.
  - Be sure to sign a consent to share your health information with whom you choose.

### Insurance and Payment
- **Pediatric**
- **Adult**
- **Tips**
  - Learn ways to maximize your benefits.
  - Learn about adult insurance options.
  - Find out when your current coverage will end.

**Parents help you with your insurance benefits (referral process, co-pays, in-network providers).**
- Parents pay for your medical care.
- You may have insurance coverage available only to dependents (parent’s policy) or children through age 18.

**You will be more responsible for knowing and using your adult insurance benefits.**
- You will need to pay for your own medical care.
- You may need to find new insurance to cover you as an adult (employer benefits, Health Benefits for Workers with Disabilities, etc.).

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