



Transitioning to an Adult Neurology Provider

Information for parents and caregivers

We are committed to helping you make a smooth transition from our clinic to an adult neurology provider as your teen gets older. Families tell us that this transition can be very stressful if they are not prepared for it. There are ways that we can help make transition as seamless as possible.

How will my teen's care change?

- At age 13 we begin to change from a “pediatric” model of care—where parents make most decisions—to an “adult” model of care—where teens take more responsibility for decision-making in preparation for adulthood.
- To promote independence in healthcare, we may spend time during visits with your teen without a parent present.
- Adulthood legally begins at age 18. At that time, your teen's consent will be required to discuss any personal health information with family members.
- If your teen has a condition that prevents healthcare decision-making, parents or caregivers need to consider legal options to become responsible for their decision-making. This can be a long process and should be finalized before your teen turns 18. Resources for this can be found at: seattlechildrens.org/TransitioningToAdultHealthcare. Our social workers can help answer questions as you navigate this process.
- The first visit with your teen's adult provider should take place before your final visit with us.
- Most of our providers see teens until they turn 18. With rare exception, we are unable to provide ongoing care once a youth reaches age 21. Ask us if you have questions.

How will you support us in this transition?

We will work with you to develop a plan to transition to an adult provider. We will help with this process by:

- Assessing readiness for transition
- Helping to identify an adult provider
- Sending a referral and medical records
- Communicating your teen's unique medical needs to the new neurology provider

As always, if you have any questions or concerns, please feel free to contact us.

To Learn More

- Neurology
206-987-2078
- Social Work
206-987-2760
- Ask your child's healthcare provider
- www.seattlechildrens.org/TransitioningToAdultHealthcare

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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