Health Care Transition

We want you to receive excellent healthcare during your entire life. That’s why we will start talking to you about the transition from pediatric care here at Seattle Children’s to adult care. In pediatric care, your parents or caregivers make most decisions. As you get older, you will manage your own healthcare and make your own decisions. We will work with you to plan for transitioning to adult care.

By law, you are an adult at age 18. Once you are an adult, we will only discuss your information with others if you agree and have given us written consent. To give consent, ask us for a release form to sign, and then return it to us. If you have a condition that limits you from making independent healthcare choices, we will talk with you and your guardian about shared decision making.

Most of the time, the transition to adult care happens before your 21st birthday. This age can vary between clinics. Please talk to all your healthcare providers. They will help you identify an adult provider and transfer your medical records.

If you have any questions, please contact your healthcare team or visit our website. seattlechildrens.org/patients-families/transitioning-adult-healthcare