Health Care Transition (HCT) includes several decisions, conversations and events that lead to you having more control over your health and health care decisions.

When you turn 18 you are considered an adult, and doctors are legally required to talk to you about your health. If you want others involved, such as parents, guardians, or supports, you must invite them. Also, friends, family, and support professionals cannot view your health records unless you stay that it is OK.

Why is it important:
“Your health is important, and you have a right to know about it and make decisions about it. When you turn 18, doctors are required to talk to you about your health. If you want others involved, such as parents, guardians, or supports, you must invite them. Also, friends, family, and support professionals cannot view your health records unless you stay that it is OK.

What advice would you give your younger self? 
“It’s okay to have questions. Don’t be afraid to speak up for your opinions and what you think you need. Don’t be afraid of the people in the white coats.”

More information about HCT you can visit got transition’s website.

www.gottransition.org
Healthcare now that you’re becoming an ADULT...

Here’s how you can get READY!