



Transition from Pediatrics to Adult Medicine Practice Handout

Transitioning to adult health care can sometimes be an overwhelming process for both parents and youth, so we have provided this information to help with this transition.

Below is a list of Providers in our community that we recommend for Family Health:

Alliance Family Practice – *In this Medical Complex*
4611 NW 53rd Avenue Gainesville, FL 32606
(352) 371-0301

Shands at Magnolia Park Medical Group – *on 39th towards SFCC*
4740 NW 39th Pl # B Gainesville, FL 32606
(352) 265-5230

Gainesville Family Physicians – *Behind North Florida Regional*
6900 Northwest 9th Boulevard Gainesville
(352) 333-6680

Other Options:

- Medical Practice your parents or other family members see
- University or College Infirmary
- County Health Department
- NFRMC Referral Service – 1-800-611-6913/352-333-4300

Considerations:

- Selecting a doctor who is familiar with your particular medical conditions, if any.
- Selecting a doctor who is listed under your health insurance plan as an “in network provider”

Tips for Youth and Young Adults:

Before your first visit with your new adult care doctor:

Request a copy of your medical records from our office, request a copy for yourself and a copy for your new adult care doctor (once you have chosen one)

Ask your parents for the information to log into your Alliance Pediatrics Patient Portal

Read the “Communicating with Doctors and Other Health Care Providers” on the back of this handout that outlines many important tips like:

- The importance of writing down a list of questions and concerns to bring to the visits
- Knowing what your insurance copay or costs will be for office visits and prescriptions
- Being honest with your new doctor.

Transition Worksheet



Youth's Name: _____

Youth's Age: _____

This worksheet is to help you plan for adulthood. Please check the boxes that apply.

Reviewed By:

Medical

- Y N N/A I understand my medical condition(s).
- Y N N/A I know what prescriptions I am taking and when to take them.
- Y N N/A I understand my allergies, and what to do if I have an allergic reaction, and have the medicine I may need in the event of a reaction.
- Y N I feel comfortable making appointments, refilling my medications and managing my own medical care.

Independent Living

As a young adult, I will be living with:

- Self Parents Students/Friends in Apartment or Dormitory Other _____
- Y N I am able to care for my personal needs.

Education

- Y N I know my interests, skills, strengths, and educational goals.

Financial

My medical care will be paid by:

- Self Parents Student Insurance SSI Medicaid
- Y N I can manage paying bills, a checking account, a savings account and following a budget.

Adolescent and Young Adult Health Matters

- Y N I understand the importance of responsible sexual behavior and/or abstinence.
- Y N I know how to obtain sexual contraceptive protection options.
- Y N I know where to go/what to do if I am a victim of sexual abuse.
- Y N I know about the dangers of drugs and alcohol.
- Y N I know the importance of maintaining a nutritious daily diet.
- Y N I know the importance of telling a health care provider if I am feeling depressed.



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Patient Name: _____

Patient DOB: _____

Diagnoses/Conditions:

Allergies:

Medications:

Communicating with Doctors and Other Health Care Providers

Talking to doctors and other health care providers can be difficult, overwhelming and, at times scary. Here are some tips to help you communicate with health care providers.

- Make sure to ask for a long enough appointment.
- Tell your doctor everything you can about yourself, what you do, and how you feel.
- Bring a list of questions and concerns.
- Say what you think -- and be honest.
- Ask questions. If you don't understand the answer to a question, ask the doctor to explain it again until you do understand it.
- Write down what the doctor says.
- Bring someone with you, if it would make you more comfortable.
- Ask your parents to wait outside the exam room,
- If you need help, ask for it.
- Call back if you have any questions after the appointment. Sometimes questions come up after you get home, or you forget something the doctor said.
- Learn about your insurance coverage.

Important links for Adolescent/Young Adult General and Health Information

Financial Planning for Young Adults:

- http://www.collegeboard.com/prod_downloads/highered/res/cc_tips/FinPlanTips05.pdf

Sexual Health Education:

- <http://www.plannedparenthood.org/info-for-teens/>
- <http://www.plannedparenthood.org/parents/> (parent website)
- <http://www.avert.org/teens.htm>
- <http://www.scarleteen.com/>
- http://kidshealth.org/teen/sexual_health/contraception/abstinence.html#cat20018
- <http://www.plannedparenthood.org/health-topics/birth-control/abstinence-4215.htm>
- <http://www.americanpregnancy.org/preventingpregnancy/abstinence.html>
- <http://www.stayteen.org/>
- <http://bedsider.org/>
- <http://therespectinstitute.org/>

Nutrition:

- http://kidshealth.org/teen/nutrition_fitness_center/fitness_nutrition_center.html#cat20752
- <http://www.bucknell.edu/x7828.xml>
- <http://www.livestrong.com/article/82109-eating-habits-college-students/>

Alcohol/Drug Education:

- <http://www.abovetheinfluence.com/>
- http://kidshealth.org/teen/drug_alcohol/#cat20018
- <http://www.thecoolspot.gov/>
- <http://www.collegedrinkprevention.gov/Default.aspx>

Alachua County Crisis Hotline: 352-264-6760
(Abuse and Rape Hotline)