



CHILDREN'S CLINIC EAST, PC

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Dear Parent,

Children's Clinic East is committed to helping our adolescent patients make a smooth transition from pediatric to adult healthcare. As part of this process, we will begin working with you and your child at age 14 to prepare for the change from the "pediatric" model of care where parents make most of the decisions to an "adolescent" care model where the adolescent gradually takes on more responsibility for healthcare decisions.

What this could mean for you as a parent is that the healthcare team may spend time during a visit without the parent present. This time should be made available to assist them in setting health priorities and supporting them in becoming more independent with their own healthcare. We want to be an important part of that process and are committed to serving as your child's doctor through age 21.

One very important issue arises when youth turn 18. They legally become adults. Although most adolescents want their parents to stay involved with their healthcare decisions, we cannot discuss any personal health information with family members without that patient's consent.

There are situations where medical or developmental conditions prevent a youth from making healthcare decisions. In these situations, we will encourage parents/caregivers to consider options for supported decision making.

We expect that youth will make arrangements to transfer their care to an adult provider when they turn 21. We will attempt to assist with this transfer process by sending medical records and communicating with the adult providers about any unique needs of our patients. We can make suggestions about potential providers, but it will be your young adult's responsibility to make that first appointment.

Please feel free to contact us with any questions or concerns.

Sincerely,

Your Healthcare Team at Children's Clinic East