

# Transitioning Program

We are committed to preparing our youth and their families for successful transition from child- to adult-oriented healthcare. This process includes making sure that high-quality, age appropriate healthcare services follow the person as he/she moves from adolescence to adulthood. Successful transition involves the healthcare team, the youth and family, working together in a positive and respectful relationship. Offering transitioning to our patients/family as part of comprehensive care is an important program of our HTC.

- Your healthcare team will help plan a smooth transitioning process that is patient- and family-centered beginning at 12 to 14 years of age. A successful transition is specific to each person and is completed by 18 to 22 years of age.
- The youth's role is to take full advantage of his/her increasing independence in the decision-making process of managing his/her own healthcare.
- The family's role is to be actively involved in the transition process, moving in and out of the decision-making position as needed, with the goal of giving full decision-making responsibility to their youth.

The transitioning process also includes following the Health Insurance Portability and Accountability Act (HIPAA) guidelines. At age 18 years, youth legally become adults and personal health information can no longer be shared. We respect that many of our young adult patients choose to continue to involve their family in healthcare decisions. To allow family members to be involved and to allow GSHTC to share health information, the young adult patient must sign a consent form which we can provide.