



Helping Teenagers and Young Adults Transition from Pediatric to Adult Healthcare

The health care providers at the University of Michigan Health System (UMHS) are aware of how stressful it can be to understand the changes in health care needs of your growing child. We have developed a process to help children with transition from pediatric to adult health care. Patients and their families will be active participants in this process. This is an introduction to the process.

What is Transition?

The word “transition” describes the process in which an adolescent gradually becomes more responsible for managing all aspects of their life, including their medical needs. Transition is a process that occurs over many years, while transfer is the change to an adult doctor in a new clinic.

When do children transition from a pediatric to adult health provider?

The American Academy of Pediatrics (AAP) recommends that teenagers or young adults transition to adult primary care between the ages of 18 and 21 and no later than age 21

How does University of Michigan Health System define age 21?

We define “by 21” as 20 years plus 364 days.

How does the transition occur?

Transition occurs when the patient has their first appointment with an adult provider. After that General Pediatrics Primary Care will no longer provide care for the patient. This includes after hours calls as well as care during regular clinic hours.

If the patient does not show up for their first appointment with an adult provider and is under the age of 21 (20 years plus 364 days or less), General Pediatric Primary Care will continue to provide care up until their 21st birthday. If the patient is over the age of 21, we will no longer provide care for the patient.

How does General Pediatrics handle private health information of patients between the ages of 18 and 21?

We never release medical information without a Friends and Family Waiver on file. This includes:

- Appointment dates, times, and reason for visit
- Test results
- Nurse triage
- Demographic information
- Anything else that is patient related

We never release controlled substance prescriptions to individuals who do not have a written consent from the patient, or a Friends and Family Waiver on file.

What are the age cutoffs for new patients?

General Pediatrics does not accept new patients that are over 17 years plus 364 days of age.

If a patient has not been seen in our General Pediatrics practices in over 3 years and is now over 18 years of age they are considered a new patient and will need to establish care with an adult primary care provider.

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