

Nurture Pediatrics is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves working with youth beginning at ages 12 to 14 and their families. The goal is to prepare them for the change from a “pediatric” model of care where the parents make most decisions, to an “adult” model of care where youth take full responsibility for decision-making. This transition process starts when we begin asking the preteens questions about their history and allowing them to answer, while having the parent present in the room. As they get older, we will spend time during the visit with the teen without the parent present in order to assist them in setting health priorities and supporting them in becoming more independent with their own health care.

At age 18, youth legally become adults. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with the young adult’s consent will we be able to discuss any personal health information with family members. If the youth has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making.

We will collaborate with youth and families regarding the age for transferring to an adult provider and recommend that this transfer occur before age 22. We will assist with this transfer process, including helping to identify an adult provider, sending medical records, and communicating with the adult provider about the unique needs of our patients.

As always, if you have any questions or concerns, please feel free to contact us or talk to your provider during the visit.