



Transition Your Care from Pediatric to Adult & Family Medicine

Crusader Community Health is committed to helping young patients make a smooth transition to adult medicine for their primary care.

When a patient is 14-years-old, staff will work with them and their families to prepare for the switch from pediatric care – child-focused care where parents/guardians made most decisions – to an adult model of care, where patients make their own decisions.

At age 18, young people 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 permission will we be able to talk about any personal health information with family members.

We will:

- Work with patients to build skills they will need in adult care
- Identify an adult/family care provider at Crusader.
- Communicate with adult providers about the unique needs of the patient.
- Work with young patients and their families regarding the best age for transitioning to an adult-family medicine provider. We recommend this transfer happens by the time the patient is 21.

What to expect: When a patient turns 14, a provider may spend most of the visit with the teen without a parent or guardian present. Our staff will help the teen set health priorities and support them in becoming more independent in their own health care.

If a young patient has a condition that keeps them from making health care decisions, we encourage guardians and caregivers to consider options that will allow the guardian/caregiver to continue to provide support and guidance even after the patient turns 18.

Use your camera app to scan this QR code and visit CrusaderHealth.org to view a list of Adult & Family Care providers and locations.

