

Adolescent Transition Policy

Post Road 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 to prepare for the change from a "pediatric" model of care where parents make most decisions to an "adult" model of care where youth take full responsibility for decision-making. This means that 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. Respecting adolescent confidentiality is a large part of the transition process. To that end, we have updated our Adolescent Confidentiality Policy which outlines the way we handle communication with our teens, including the use of our patient portal (MyChart).

For our patients 18 and older

Sharing information with parents/guardians: 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. We have a release form developed specifically for this purpose. 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.

When to transition to adult medicine: We will collaborate with youth and families regarding the age for transferring to an adult provider and recommend that this transfer occur at or 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.

What happens when I am away at college: Many youth experience a variety of health care settings as they move from pediatrics to adult providers (including but not limited to college and/or military service). It is recommended that youth remain in their pediatric medical home or be well established in an adult medical home while receiving episodic care in other settings.

What we expect from you if you plan to remain a patient at Post Road Pediatrics:

1. You will make and attend a yearly annual physical exam
2. You will make and attend any required medical follow up appointments with your pediatrician.
3. You will inform us of changes in your health including requesting that other providers share records with our office so that we can stay up to date on your health care until we see you for your next visit.
4. Inform us of any changes in your contact information (phone, address, email).

Failure to comply with the above expectations could result in discharge from our practice. We look forward to continuing to provide your medical care until the age of 22 or sooner, if you chose to transition to an adult provider before that age. As always, if you have any questions or concerns, please feel free to contact us.

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