



## Gillette Children's Commitment to Successful Transition to Adult Care

Transitioning from pediatric to adult healthcare is a significant process that requires careful planning and support. Gillette Children's is committed to supporting you and your family as you learn how to navigate and manage your own healthcare needs.

The transition from pediatric to adult care is not just a change of providers but a shift in how your healthcare is managed. This process happens over time and with the support of your Gillette care team. As you work toward successful transition, Gillette will help you:

### Understand Your Transition Needs

Understanding your transition needs is the first step to navigating your adult medical care.

#### Determine Legal Decision Maker

You can start planning for changes in legal and medical decision making at age 16.



#### Identify Your Transition Team

You're Not Alone - your transition team at Gillette will help you make informed decisions about your medical care and transition process.



### Build Your Adult Care Team

Navigating your adult medical care can be easy when you assemble the right team.

#### Find Gillette Adult Services

Gillette provides services across the lifespan. We will work with you to determine the adult services available and how to transfer care.



#### Find Non-Gillette Adult Services

For adult services that are not available at Gillette, you will need to choose an adult care system that offers the primary or specialty services you need.



### Grow Your Healthcare Knowledge

We want you to feel comfortable and confident as you take responsibility for your health decisions.

#### Prepare for Appointments

You are the most important person in your medical appointments. Prepare for your appointment, practice asking questions and speaking with your adult care team.



#### Access MyGillette Portal

The patient portal can help you navigate your own health needs. When you turn 18, only you will be able to access your portal. You can add others to your account using a proxy form.



#### Share Medical Records

Health information is confidential. You must give Gillette permission to share this information with each new Non-Gillette provider by completing a Gillette Release of Information Form.

