

Balloon Notes

Transitioning to Adult Care



One-on-One Time with Your Health Care Team

Why do I need one-on-one time?

- As you get older and take charge of your health, it will be important to talk with your doctors and health care teams during clinic visits.
- One-on-one time with your doctors and care teams, gives you the chance to learn more and talk privately about your health and medical needs.

What should I expect during one-on-one time?

- You will be the main “go-to” person your care team will talk to about your health.
- You have a say in making decisions about your health.
- Your parents/caregivers will be there for support.

How to get ready for your visit

- Before your visit ask your parents/caregivers about your:
 - Medical History
 - Medicines
 - Name of medicine
 - Strength (mg)
 - When you take them
 - Why you take them
- Think about questions you want to ask:
 - When and who to call to get your medicine refills?
 - What to do if you have a new concern or problem?
 - How often they want to see you?
 - What to do in an emergency?

