

Questions to Ask When Finding an Adult Doctor

Welcome to young adulthood! Finding an adult doctor is just one of the many changes that will take place as you get older. We understand that getting used to this new life stage takes time and sometimes added support.

Here are some questions to think about as you start to look for an adult doctor.

To our Parents and caregivers who may be providing support or taking the lead in your child's transition to adult medical care, you may also find these tips helpful.

BASICS

- Is the doctor taking new patients?
- Can you speak to or make an appointment to “interview” the doctor to see if they are a good match?
- Do you prefer a group practice or an individual doctor?
- Does the doctor accept your insurance?
- What hospital does the doctor admit patients to?

SPECIAL CONSIDERATIONS

- Does this doctor have knowledge or experience with your diagnosis or special needs?
- Is the doctor willing to partner with you to learn how to best meet your needs?
- Can the doctor help you to find adult specialty doctors?

LOCATION

- How far are you willing to travel?
- Is there parking?
- Is the office located near a bus stop or train station?
- Does the building have an elevator or ramps for wheelchairs and walkers?
- Is the office able to provide sensory accommodations?

COMMUNICATION

- Can you communicate easily with this doctor?
- Do you have any communication or language preferences?
- Is there someone in the office who speaks your primary language?
- How will you be able to communicate directly with the doctor after your visit or in the evenings?



NEXT STEPS

- Complete a transition readiness assessment
- Learn about your medical needs and work with your pediatrician to create a medical passport (summary) to share with your new adult doctor
- Before you turn 18 and become a legal adult, figure out if you will need help or support making health care decisions and complete the necessary paperwork