

# About the Transition of Care Program

*Moving from pediatric to adult care*

**UW Medicine**  
UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

*This handout explains the Transition of Care Program at UWMC- Montlake*

## What is the Transition of Care Program?

The Transition of Care Program (TCP) supports young adults with complex medical needs as they move from child-centered to adult-centered care. We help you, your family, and your healthcare providers. Our clinic is located at the Montlake location of UWMC (University of Washington Medical Center).

## Our Goals for You

We want to help you:

- Learn how to use adult healthcare services.
- Find new providers for your adult medical care, including primary care and specialists.
- Feel confident about moving to adult care. We can answer questions about insurance, home health needs, and community resources.

## What can I expect?

The TCP uses a step-by-step process to help you and your family transition smoothly from pediatric to adult care.

You will meet with our team when you are ready to start your transition to adult care. We will get to know you and learn more about your health and needs. We will share helpful information with your new providers to make sure that you get the care you need.

## Why should I move to adult-centered care?

Children's doctors (pediatricians) are experts in caring for children, but most cannot treat their patients as they grow older. Most patients are ready to move to adult care between 18 and 21 years of age.

Providers who work with adults know how to treat medical issues that are common as you get older. Moving to adult care is an important part of growing up. Just like all young adults, you are ready for this important step!



***We are here to help your transition to adult care go smoothly.***



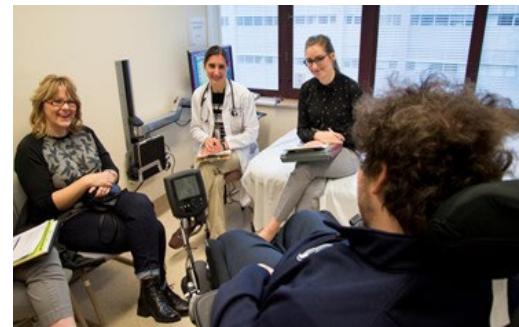
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## I already have a primary care provider (PCP).

### What does TCP add to my care?

You will still receive care from your current providers during your transition. We will help coordinate your care and make sure everything goes smoothly.

- **If you have a pediatric PCP,** we will help you find an adult-care PCP and coordinate transition of the specialty care providers you need. We will work with your current providers to make sure your healthcare information is shared clearly with your new adult-care providers.
- **If you already have an adult-care or family practice PCP,** we will work with you to coordinate transition of the specialty care providers you need.



***We help coordinate your transfer to adult-care providers by sharing important healthcare information.***

## Your First Clinic Visit

During your first visit you will meet with the TCP team **in-person** at UWMC-Montlake, and we will learn more about you and your healthcare needs. The TCP is in the Rehabilitation Medicine Clinic on the 8th floor of the UW Medical Center, in the Pacific Tower.

Your follow-up visits will be done by **telemedicine** from the convenience of your home.

## Our TCP Team

### Our Medical Director:

- Has many years of experience caring for young adults with complex medical conditions.
- Supervises all doctors-in-training and staff in our program.
- Approves all recommendations and referrals during your transition.

### Our Nurse Care Coordinator:

- Gathers information about you and your medical care to help with your transition.
- Is usually the first person to call if you have questions.
- May ask for more information so the right team member can help you.
- Can help with legal and financial questions.
- Can give you information about community resources.

## Next Steps

- We will need a referral from your medical provider. Please ask your provider to fax their referral and your demographic information to 206.598.3773.
- We will reach out to you about scheduling a consultation with our team.
- If you have questions about referrals or our program, please call our TCP staff at 206.598.2972.