



Teen Transition Guide

Ages 12–14 (Early Adolescence)

- I can describe my health condition
- I can name my medications, the amount and times that I take them
- I can describe the common side effects of my medications
- I know my doctors' and coordinators' names and roles
- I can use and read a thermometer
- I can answer at least one question during my healthcare visit
- I can call my doctor's office to make or change an appointment
- I can describe how my health condition affects me on a daily basis

Ages 15 – 16 (Mid Adolescence)

- I speak up in your doctor visits: I ask questions, and am involved in making decisions about my healthcare
- I know the names and purposes of the tests that are done
- I know my medical/surgical history

Age 17 (Late Adolescence)

- I understand that I must check with my doctors before I take any medications, prescribed or over-the-counter, as they might interact with the medication(s) that I am taking for PH
- I am alone with the healthcare provider or choose who is with me during a healthcare visit
- I can tell someone my legal rights and responsibilities that I gain when I turn 18
- I manage all my medical tasks outside the home (school, work)
- I know how to get more information about my health

- I can book my own appointments, refill prescriptions, and contact my medical team
- I can tell someone how long I can be covered under my parents' health insurance plan and what I need to do to maintain coverage for the next 2 years
- I carry my insurance information (card) with me in my wallet/purse/backpack
- I can continue to list medications and doses (bring your own medication list to clinic)
- I have a good understanding of issues surrounding sexuality and reproductive issues.
- If you are staying at home after high school, begin looking into local adult PH care teams you may want to work with. If planning to go to college or move away from home, look into PH care teams near the schools you are considering. Use our Find a Doctor Directory (www.PHAssociation.org/FindaDoctor) or ask for a recommendation from your current PH team.

Ages 18 – 21 (Young Adult)

- Independent clinic visits
- Independent with medications
- Continue to make healthy and common sense choices about friends, drinking, and smoking
- Independently monitor medications and supplies
- Call pharmacy when refills are needed
- Secured financial coverage or insurance

The Teen Transition Guide has been adapted from the Vera Moulton Wall Center for Pulmonary Vascular Disease at Lucile Packard Children's Hospital. The adaptation was reviewed by Robert Schilz, DO, PhD, Dunbar Ivy, MD and Michelle Ogawa, CPNC-AP.

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Last reviewed April 2013