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## Early Adulthood (22-25)

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Early adulthood continues to be a time of developing cognitive skills, and young adults are still learning about their preventive health needs, their conditions (if applicable) and health consequences of their actions. Staying connected to an adult primary care practice is an important task that many young adults do not prioritize.

The transition priority now is integration into an adult practice, both primary care as well as subspecialty care, if needed, where the adult clinician(s) can continue the process of supporting the development of their self-care skills by periodically having the young adult complete a self-care assessment and offering needed education.

It is helpful to have the young adult rate the importance and their confidence in managing their own health. These two questions follow a motivational interviewing strategy that has repeatedly been shown to lead to greater engagement in health care interventions and improved patient outcomes (see Table 1). A sample self-care skills assessment with scorable confidence and importance questions is available at the web link below.<sup>1</sup> As an integral part of the transition completion and orientation to the adult health care system, the adult health care clinician should discuss with the young adult the best way to communicate with each other to keep the young adult engaged in their care and review and regularly update the young adult's medical summary and plan of care, if needed.

For young adults in the process of transferring to an adult practice, a transfer checklist should be completed and shared, with the young adult's consent, with the adult clinician. This checklist includes a medical summary, latest transition readiness skill assessment, and plan of care and legal documents (if needed for young adults with special health care needs). A sample checklist can be found at the web link below.<sup>2</sup>

A summary of recommended preventive care guidelines for young adults can be found in Table 2.

For young adults with intellectual and developmental disabilities (ID/DD), if needed, the legal documents related to decision-making support should have been completed and placed in the medical record.

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<sup>1</sup> <http://gottransition.org/resourceGet.cfm?id=255>

<sup>2</sup> <http://gottransition.org/resourceGet.cfm?id=229>

## Sample Questions

**Ask the young adult (they should be seen one-on-one with their clinician unless written documents state otherwise):**

### **Pre-transfer (in the pediatric clinician's practice)**

*Do you want your parent/caregiver/significant other present during this visit?*

*Tell me about when you need to see your primary care and, if needed, specialist clinicians. What about when you would go to the emergency room and not your primary care clinician?*

*What questions or concerns, if any, do you have as you transfer to a clinician who cares for adults?*

*What skills in managing your own health do you still need help with?*

*How can our practice help you find an adult health care clinician you feel comfortable with? Do you have any preferences about your next clinician (e.g., gender, location)?*

*What health insurance coverage do you have? Can you keep it over the next one to two years?*

*Will you need help finding other clinicians (e.g., for reproductive health care, specialty care, mental health)?*

*Our practice has a process to help you transition to a clinician who cares for adults. Do you have any questions about this process? How important is it to you to prepare for/transfer to a clinician who cares for adults? Please rate 1-10 with 10 being most important. (See Table 1)*

*How confident do you feel about your ability to prepare for/transfer to a clinician who cares for adults? Please rate 1-10 with 10 being most confident. (See Table 1)*

### **Potential additional pre-transfer questions**

*How important is it to you to manage your own health care (e.g., filling a prescription and taking your medications, carrying around an insurance card, and scheduling your appointments)? Please rate 1-10 with 10 being most important. (See Table 1)*

*How confident are you about managing your health care (e.g., filling a prescription and taking your medications, carrying around an insurance card, and scheduling your appointments)? Please rate 1-10 with 10 being most confident. (See Table 1)*

### **Post-transfer (in the adult clinician's practice)**

*Tell me about when you need to see your primary care and, if needed, specialist clinicians. What about when you would go to the emergency room and not your primary care clinician?*

*What questions or concerns, if any, do you have about starting with a new clinician?*

*How important is it to you to manage your own health care (e.g., filling a prescription and taking your medications, carrying around an insurance card, and scheduling your appointments)? Please rate 1-10 with 10 being most important. (See Table 1)*

*How confident are you about managing your own health care (e.g., filling a prescription and taking your medications, carrying around an insurance card, and scheduling your appointments)? Please rate 1-10 with 10 being most confident. (See Table 1)*

*Do you know how to contact your physician? Does the office know how to contact you for an appointment reminder? For the benefit of the practice, do you know how and when to contact our office to schedule, reschedule, or cancel an appointment? Do you know how to reach us when the office is closed?*

*What health insurance coverage do you have? Can you keep it over the next one to two years?*

*Do you need help finding other clinicians (e.g., for reproductive health care, specialty care, mental health)?*

## **Anticipatory Guidance**

### **For the young adult:**

- While you may have to wait for your first adult appointment, it is very important to make this appointment and have a primary care clinician. Attending preventive visits is one way to take control of and manage your health.
- Based on your self-care skill assessment, let's decide on one or two goals to work towards between now and your next appointment. (If you do not have a recent self-care assessment available, suggest they take one and refer to the anticipatory guidance on importance and confidence questions in Table 1.)
- Let's review your medical summary and, if needed for those with special health care needs, plan of care.
- Remember that you can access your electronic medical records, which you can use to look up information about your own health and ask questions outside of the office visit.
- Information shared between us is confidential and cannot be shared with others, including your parents/caregivers, without your permission.

(Anticipatory guidance for importance and confidence can be found in Table 1.)

#### Potential additional anticipatory guidance

- Starting with a new clinician can sometimes be hard because you are just starting the relationship with your new clinician and beginning to build trust.
- If you have questions about your health insurance, helpful resources are available at [healthcare.gov](http://healthcare.gov) and on the [Young Invincibles](http://YoungInvincibles.org) website.<sup>1</sup>

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<sup>1</sup> <http://younginvincibles.org/>