

Tips & Resources for Parents

Here are some resources for you to use to help your child transition from a pediatric healthcare provider to an adult healthcare provider:

[Got Transition® - Youth & Young Adults - Health Care Transition Quiz](#)

This quiz assesses if your child is ready to transition to adult care and gives resources that will be helpful based on the quiz answers

[Got Transition® - Parents & Caregivers](#)

This webpage has great resources for you to learn how to help guide your child through their transition to adult care

[HIPAA, POA Forms: A Guide for College Students and Parents | Money](#)

[4 documents you need when your child turns 18 | MassMutual](#)

These articles highlight important documents for your teen to fill out and understand when leaving for college, or turning 18 and entering the workforce. To learn more about Illinois' Advance Directives, you can visit [this page](#) of the IDPH website

★ It is important to transfer healthcare tasks over to your teen as they get older so they can learn the necessary skills to take control of their own care as an adult. Here are some examples of tasks that you can teach your teen to manage themselves:

- [Sign up for MyChart](#) (if not done already)
- Appointment Scheduling
- Prescription Refill
- Communicate with provider through MyChart
- Save Insurance information on phone
- Fill out e-check in forms
- Let them answer the doctor for themselves during visits, and have them ask their own questions
- Fill out [LVP Portable Medical Summary](#)
- Fill out [Consent for Contact form](#)
- Go through [18-Year Checklist](#) and plan next steps