



Gearing Up For Your Transitions

How to Find Adult Providers

Adapted with permission from the University of Illinois at Chicago (UIC) Specialized Care

It is important to find your adult doctors early. You should begin seeing an adult doctor around age 18 to 21. If possible, have your first appointments and send your records to your new doctors while you are still being seen by your old doctors in case there are questions about your condition or treatment.

- Ask your current doctor for a referral
- Ask your Care Coordinator or Case Manager
- Consider your parents' doctor for suggestions
- Call your insurance company
- Ask friends for suggestions
- Check with your local support groups
- Call large medical and specialty rehab centers

Questions to Ask

It is important to find a doctor who makes you feel comfortable and can meet your needs. Before you choose your new doctor, call his/her office and ask to speak with a staff member who has time to answer your questions, or make an appointment to meet the doctor and staff in person.

Ask the office:

- Does the doctor accept your insurance coverage? Is he/she taking new patients?
- Is the office accessible (easy to reach and easy to get around inside the building or clinic area)?
- What are the office hours? How can the doctor be reached after hours?
- How will the doctor exchange information with your specialists?
- Will the office be flexible to meet your health needs (allow service dog, schedule visits so you will not miss a meal, or schedule at quiet times if you are sensitive to noise)?

Ask the doctor:

- Is the doctor willing to discuss your health history and special needs with your pediatric doctor?
- Does the doctor currently see patients with health conditions similar to yours?
- At what hospital does the doctor schedule procedures?
- Where did the doctor get his/her medical school and specialty training? Is he/she board certified?
- Does the doctor have any special interests or more advanced training?

Ask yourself:

- Does the doctor listen to your questions or is he/she constantly interrupting you?
- Can the doctor explain information so that you can understand it?
- Does he/she take enough time to answer your questions?
- Does the doctor treat you with respect?