



## What is Health Care Transition?

Health care transition (HCT) is the process of changing from a pediatric model of health care to an adult model. In adult care, you are in charge of your own care and involve your parents or caregivers if you choose. HCT is a process.

## What we do

Children's Medical Services social workers help youth make a smooth transition from pediatric to adult health care. Our goal is to empower young patients to take charge of their health as they move from pediatric care to adult providers, ensuring continuity and support for their unique needs.

## We help youth

- Develop a Transition Plan
- Take charge of their health care information and understand their health history
- Understand legal information (guardianships, trust funds, their rights and responsibilities)
- Discuss vocational goals



**Is your child ready to transition to adult health care? Take the quiz.**



Got Transition® is a program of The National Alliance to Advance Adolescent Health and is funded through a cooperative agreement from the federal Maternal and Child Health Bureau, Health Resources and Services Administration.



(505) 476-8868



nmhealth.org