



Transition Policy

Planning for the transition to adult health care

Children's Rehabilitation Service (CRS) is committed to helping our youth make a smooth transition from pediatric to adult health care. This process involves working with our youth, beginning at age 12, and their families to prepare for the change from a "pediatric" model of care where parents make most decisions to an "adult" model of care where youth take full responsibility for decision-making. This means that we will identify opportunities during the clinic visit to meet with the teen without the parent/guardian present in order to assist them in setting goals and encouraging them to become more independent with their own health care.

In Alabama, youth legally become adults at the age of 19. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with the young adult's consent will we be able to discuss any personal health information with family members. If the youth has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making.

CRS services will end at the youth's 21st birthday. We will collaborate with youth and families regarding the age for transferring to an adult provider and recommend that this transfer occurs before age 21. By that age, patients should transition to an adult primary care provider, as well as providers for any specialty services. We will assist with this transfer process, including helping to identify an adult primary care provider and specialist, sending medical records, and communicating with the providers about the unique needs of our patients.



a division of the Alabama Department of Rehabilitation Services

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