

# Family Education Sheet

Graduating from the department of neurology



**Boston Children's Hospital**  
Neurology

[bostonchildrens.org/familyeducation](https://www.bostonchildrens.org/familyeducation)

In the Department of Neurology at Boston Children's Hospital, we are committed to helping you make a smooth transition from pediatric care to adult care.

This family education sheet is given to patients ages 12+ to explain the steps involved in graduating to adult neurology care.

## STEP 1:

### Transition readiness: getting you involved in your own care

When you're in pediatric care, your parents or guardians make most of your health care decisions. In adult care, you make most of the decisions.

**When you're about 12**, we may begin speaking with you during appointments without your parent or guardian present, if appropriate. We'll begin to discuss how to get ready to graduate to adult care. This may mean helping you learn more about your condition, talking about your mental or sexual health, and teaching you self-care skills so you can be in charge of your own health as much as possible, including how to use our patient portal to manage your medications.

## STEP 2:

### Legal adult /turning 18

**At age 18**, you legally become an adult. This changes what information is shared with your parents/caregivers and means we need your permission to speak with your parents/caregivers about your care. There will also be changes to decision-making. For example, at age 18, you begin to consent (give permission) to medical procedures.

Some patients may have conditions that prevent them from fully understanding their health condition or making health care decisions. In these situations, we'll help you and your parent/caregiver consider options for decision-making support before your 18th birthday.

We respect and encourage a family-centered approach to your care so long as you give us permission to involve your parents/caregivers. To give your parents/caregivers permission to be included in your care decisions, you will need to complete a **"Release of Information"** form.

## STEP 3:

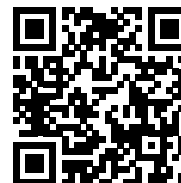
### Transferring to adult care (going to an adult provider)

When you're **22-26 years old**, you'll transition from Boston Children's Hospital to an adult-care neurology team at a different care center or hospital (you may be ready before you're 22). We encourage you to work with your insurance company to identify a new adult-care provider within your plan. Once you've identified a provider, we can help you obtain your Boston Children's medical records and create a medical summary with your specific care needs to share with your new provider.

If you have specific neurodevelopmental or neuro-genetic conditions, it may be harder to find an adult-care neurologist who is an expert in your condition. We will be there for you to help you get ongoing care.

If you have any questions or concerns, please contact your Boston Children's provider.

For more information about transition readiness at Boston Children's, please visit [bostonchildrens.org/TransitionResources](https://www.bostonchildrens.org/TransitionResources).



Yours sincerely,  
**The Neurology Team**