

18 Years and Older Visit



WELCOME TO ADULTHOOD!

You are legally recognized as an adult in many areas of life, including healthcare. Your parents have worked hard to create a confidence and a sense of independence in you which you will now be challenged to exercise responsibly.

SOME OF YOUR LEGAL RIGHTS:

1. Voting! Make sure you register and take advantage of this freedom.
2. Serve jury duty.
3. Register for the military draft (men).
4. Apply for credit in your own name (credit cards, signing contracts etc).
5. Live independently, work and pay your own bills.
6. Make your own medical decisions. Take ownership of your healthcare.
 - a. Make your own appointments. Bring insurance cards and copays.
 - b. Discuss your healthcare with your physician in confidentiality. Partner with your doctor on medical decision making.
 - c. Follow through with any labs ordered, referrals made or medications prescribed.
 - d. Plan your healthcare needs to be met in the future as you transfer to an adult doctor (by 22 years of age).
 - e. If desired, sign a consent for for your parents to be involved with the above responsibilities. This is a special HIPAA consent that we will provide at the front desk.

IMPORTANT CONVERSATIONS TO HAVE:

1. With your parents, discuss your current and future health insurance coverage. Seek their advice on adult healthcare choices (family practice, internal medicine) for your future transition. Discuss the role you will be assuming in your healthcare and the role you wish them to assume.
2. With your provider (doctor or nurse practitioner), discuss your current medical problems. Grow in your understanding of them and the treatment involved. Take ownership of preventative measures discussed for your overall well-being. Review your immunization status to make sure it is complete before going off to college, the military or the workforce.

NUTRITION AND EXERCISE

As you move out on your own over the next few years, your nutrition will be your choice. Daily intake of lean protein, dairy and fruits and vegetables is important to foster good health. Taking a multivitamin every day is a good idea because it is often difficult to maintain a balanced diet at this age. Traditional meal timing (breakfast, lunch, dinner) is important to maintain, providing the energy you need throughout the day and preventing against undesired weight gain. Regular exercise is also now your choice. Committing to it with a friend helps with consistency and strengthens relationships.

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs

Height: _____ inches (_____ %)

BMI: _____%

IMMUNIZATIONS

You will receive a tetanus booster as you graduate high school which will last for the next ten years. If you have not already done so, we highly recommend the HPV series to prevent cancer and infections in women and men.

DRIVE SAFELY!

Responsible driving is imperative for your future success. Do not drink and drive! Designated driver plans or services such as Uber are important to take advantage of. Texting and driving can also be fatal: commit to putting the phone away!

SUBSTANCES

Use of energy drinks can be bad for your heart, especially excessively or in combination with other things. Misuse of cold medicines can be addictive and abused to the point of fatality. Be smart. E-cigs are not safe for you- please do not start them. Marijuana use has exploded. It often leads to heavier drug use, college/ career under-achievement, and increased depression/ suicide. If you have a family history of alcoholism, don't take that first drink!

Poison Control Number: 1-800-222-1222

Think Before You Ink!

Only go to licensed tattoo parlors to avoid risk of infection, including Hepatitis C. Do not choose home tattoos or body piercings.

Please see the Emerging Adults section of our website for more information. Next visit in one year

The Carithers Pediatric Group

Policy for Transition to Adult Care

The Carithers Pediatric Group is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves working with youth, beginning at ages 16 to 17, 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 may spend time during the visit with the teen without the parent present in order to assist them in setting health priorities and supporting them in becoming more independent with their own health care.

At age 18, youth legally become adults. 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. We will collaborate with youth and families regarding the age for transferring to an adult provider and require that this transfer occur by the 22nd birthday. (There may be some occasions where it is in the best interest of the patient to transfer earlier, should he/she need adult subspecialists and experts in adult medicine.) We will assist with this transfer process, including helping to identify an adult provider, sending medical records, and communicating with the adult provider about the unique needs of our patients.

During this time of emerging adulthood, it is especially important that they keep up with annual check-ups for the best quality care, addressing their changing needs.

As always, if you have any questions or concerns, please feel free to contact us.