



## The Next Milestone Young Adult



## Contact Us

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## The Next Physician

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Locust Grove Family Medicine

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Aylo Health

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Southside Medical Center

(404) 564-6883

Southern Crescent Women's Healthcare

(770) 991-2200



**Dear Patients and Families of South Atlanta Pediatrics:**

As you approach adulthood, it is important to plan your transition for pediatric healthcare to adult healthcare. The process is crucial for your ongoing health and wellbeing.

South Atlanta Pediatrics is invested in assisting you with a smooth transition to adult health care, beginning at your 17th birthday. Your transition will be a change from a “pediatric model” of healthcare where the parents are involved in healthcare choices to an “adult model”. We encourage you to become more involved with their own healthcare and desire you to be empowered by taking an active role in making health care decisions, fostering more independence, and self-management skills.

We will assist you in creating a personalized transition plan, which includes transferring medical record and discussing ongoing health needs. We will provide you with any resources and support during the transition process and provide recommendations for potential adult clinicians.

Please don't hesitate to contact us with any questions or concerns.

We have been honored to serve you and your family throughout the years.

**Best Wishes,  
Dr. Odell Barnwell, III**

# My Healthcare Transition

## Early Skills to Manage My Care

- Name of my diagnosis
- Know names of medicines
- Know when to call the doctor
- Know what to do when in an emergency
- Eat healthy and exercise
- Work on healthy sleep habits

## Middle Skills to Manage My Care

- Know name of medicines
- Make doctor appointments
- Call doctor with questions
- Refill my medicines
- Know the difference between urgent care, emergency room and 911
- Figure out transportation

## Late Skills to Manage My Care

- Learn my healthcare rights
- Know what yearly tests and labs I need
- Assume all health care tasks/skills
- Enroll in portal for access of your electronic medical record
- Name support person(s)
- How to change my primary care provider
- My plan benefits

