



Switching to an Adult Doctor

Now that you have finally gotten used to your doctor, you have to pack up and leave because you have turned 21. Planning is the key to being happy with your new doctor.

- Start looking for a new doctor before you turn 21. This will keep you from rushing to find someone to take care of your health needs.
- Make sure that you have your records sent to your new doctor.
- Ask your doctor if he or she knows of an adult doctor who may be good for you.
- When you have an adult doctor in mind, see if you can schedule a time to meet with him or her and ask questions.
- Remember that you do have the right to privacy and can talk with your doctor alone if you need to.

Visit Kids As Self Advocates on the web at: www.fvkasa.org

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