

Transitioning to Adult Medicine

Most patients begin thinking during their teen years about the transition to a primary care provider who can see them in adulthood. The transition is typically made between 18-21 years old.

This transition includes a change of office, but also often a shift in responsibility from parent or caregiver to young adult as you care more for your own health.

Adult primary care doctors are typically Family Practice or Internal Medicine trained Physicians. Some offices also employ Physician Assistants or Nurse Practitioners that may act in a primary care role.

THE PROCESS

- A referral to make the transition to adult medicine is not required.
- To find an adult provider we recommend you check with your insurance about in-network providers.
- Once you select a new primary care office and are accepted as a new patient, you will need your medical records transferred.
- You may fill out a release of information here at our office or at your new primary care office to have your records sent directly there. Alternatively you may also complete a form to request a copy of your medical records for yourself and take a copy to your new doctor's office.
- If you or your child have complex medical needs or chronic conditions, speak to your Salem Pediatric Clinic doctor about your plans.
- A transition tool resource for teens and parents can be found at gottransition.org.



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