

## Transition Care Program at UW Medical Center

*Moving from pediatric  
to adult care*

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The Transition Care Program (TCP) at UWMC supports young adults with complex medical needs, their families, and their healthcare providers as these young adults move from child-centered to adult-centered medical care.

**UW Medicine**

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### **Why should I move to adult-centered care?**

Pediatricians provide excellent care for children, but most cannot continue to care for their complex patients as those patients grow older. Most patients are ready to move to adult-centered care at about age 21.

Adult-centered providers are trained to address new medical issues that arise with age but are less common in younger patients. Young adults with complex medical conditions want to grow up and graduate to adult care, just like their peers do.

### **What can I expect?**

The TCP uses a step-by-step process to help you and your family make a smooth shift from pediatric care to adult care.

As a part of our program, you will have annual clinic visits with TCP providers for a few years during your transition from pediatric to adult care. Through these visits, our TCP team will get to know you and will learn about your medical conditions and your life. We will then be able to share information with your new providers.

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## Our TCP Team

### Our attending doctors:

- Have many years of experience caring for young adults with complex medical issues
- Supervise all doctors in training and other staff in our program
- Approve all recommendations and referrals made during your transition time

### Our nurse care coordinator:

- Will gather information about you and your medical care so that we can help you meet your healthcare needs as you transition to adult care
- Is usually the first person to call if you have questions
- May ask for more information to make sure your concerns are directed to the right team member

Call the TCP nurse care coordinator at 206.598.0249.

### Our social worker can:

- Help you with legal and financial questions
- Give you information about community resources
- Assess your needs for behavioral health resources and vocational or educational services

Call the TCP social worker at 206.598.6002.

## I already have a primary care provider (PCP). What does TCP add to my care?

You will continue to receive primary and specialty medical care from your current providers during your transition time. We coordinate your care and identify your needs so that the shift goes smoothly.

- **If you now have a pediatric PCP**, we will help you find an adult-care PCP and coordinate transition of the specialty care providers you need. We will work with your current providers to make sure information about your healthcare needs is clearly shared with your new adult-care providers.
- **If you already have an adult-care or family practice PCP**, we will work with you to coordinate transition of the specialty care providers you need.

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## Transition Care Program at UW Medical Center

Rehabilitation Medicine | Box 356157  
1959 N.E. Pacific St., Seattle, WA 98195 | 206.598.2972

## Our Goals for You

At the TCP, we want to help you:

- Learn how to navigate the adult-centered healthcare system
- Find new adult-centered providers, including primary care and specialty care providers
- Answer your questions and concerns about moving from pediatric to adult care, including insurance issues, home health needs, and community resources

## Your First Clinic Visit

You will meet all members of our TCP team during your first clinic visit. The team will assess your healthcare needs at this visit. Follow-up visits will be with the team members who can best help you meet your healthcare goals.

The TCP Clinic is on the 8th floor of the hospital, in the Department of Rehabilitation Medicine.

## Next Steps

To set up your appointment, we will need a referral from your medical provider. Please ask your provider to fax their referral to 206.598.3773.

For more information about referrals or our program, please call our Transition Care Team at 206.598.2972.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC staff are also available to help.

### Transition Care Program

Phone: 206.598.2972

Fax: 206.598.3773

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