



## Transferring to Adult Care



Transferring care from the pediatric cardiology clinic to the adult cardiology clinic can be a scary thought for you and caregiver(s). It is very important that you are established with the adult congenital cardiology clinic for ongoing care of your heart condition.

This is an exciting time as you start taking control of your health. This is what the transition clinic has been helping you prepare for. Now is the time to put to work the knowledge and skills you have developed over the past several years.

- Know how to make an appointment and know where to go. Try to visit Minneapolis Heart Institute® and Abbott Northwestern Hospital before your appointment so you can learn the layout.
- Allow plenty of time to get to your appointment.
- The more you understand about your heart condition and how to manage it, the easier the transition to the adult care model will be.
- You may bring someone with you to your appointments.
- You may include your caregiver(s) in medical decision-making when you become an adult. You must have a signed consent form in your medical record to allow your adult care team to talk with your caregiver(s) about your health condition and test results after age 18.

## what's the big difference?

You are making a big transition. With that comes new responsibilities. To help be successful:

- Know how to advocate for yourself.
- Ask questions about your heart condition or repairs if you don't understand them.
- Write down any questions or symptoms you have before your appointment.
- Carry a copy of your medical insurance card.



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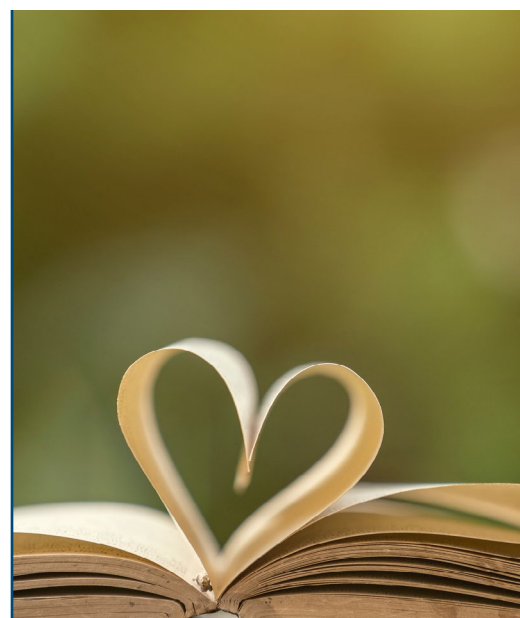


The Children's  
Heart Clinic®

- Express your opinions and be confident in your decisions.
- The team at the Midwest Adult Congenital Cardiac Center will continue to provide the standard of care you have been used to.

There are differences in the approach to the services you will receive in the adult care model compared to the model you are used to. Being prepared will help make your transition a smooth one.

Pediatric Care Model	Adult Care Model
family-oriented	patient-focused
seen at the Children's Heart Clinic or another pediatric cardiology office you know	seen at Midwest Adult Congenital Cardiac Center which is located at Minneapolis Heart Institute® at Abbott Northwestern Hospital
all testing was done at the Children's Heart Clinic or Children's Hospitals and Clinics of Minnesota	All testing will be done at the Minneapolis Heart Institute® and Abbott Northwestern Hospital
caregivers know all about your heart and repairs	you will need to understand your heart and repairs
caregivers answer questions and make decisions for you	you will answer questions and make decisions for yourself
caregivers may manage your medicines and refills	you will need to manage your medicines and refills
your caregivers schedule and keep track of your appointments	you will need to schedule and keep track of your appointments
you are covered under your caregivers' insurance plan	you may have to find your own insurance coverage
your caregivers pay your copays for appointments or medical care	you will have to pay for your appointments and medical care
your caregivers may take you to all of your appointments	you will have to get to your own appointments
you may not have a primary pediatrician or family doctor	you need to have a primary care provider or family doctor
you went to Children's Hospital for emergency care	you should go to Abbott Northwestern Hospital for emergencies



## Manage Your Health

- Practice scheduling your appointments before **you** transfer to the adult care model.
- Keep track of your appointments in a way that works best for you. Set a reminder if you need one.
- Ask for clarity if you don't understand something.
- Cancel and reschedule appointments well in advance if you are unable to make it.
- Know what your medicines are for, how much you take and how to get refills.

