

## **CHOSeN Transition Program Transition Policy**

UTHealth Houston is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves helping youth, starting at age 15, and their families prepare for the change from a “pediatric” model of care, where parents make most decisions, to an “adult” model of care, where youth may take full responsibility for medical decision making. As a result, we may spend time during the visit without the parent present to assist them in setting health priorities and supporting independence with their own health care.

At age 18, youth legally become adults. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. After the age of 18, we require the young adult’s consent to discuss any personal health information with family members. If the youth has a condition that prevents them from making independent health care decisions, we encourage parents/caregivers to investigate options for supported decision making or obtain guardianship.

Since the CHOSeN Transition Program cares for medically complex youth and young adults, our patients will transfer to an adult primary care medical home at some time from age 21 to 25. We will assist with this transfer process, including help identify an adult provider, send medical records/summaries, and communicate with the adult provider about the unique needs of our patients.

### **Diagnosis Criteria**

To be part of the CHOSeN Transition Program, all new patients must have at least one chronic medical condition plus one comorbidity. See examples below.

- Cerebral palsy + another comorbidity
- Spina bifida + another comorbidity
- Congenital heart disease + another comorbidity
- Trisomy 21 + another comorbidity
- Autism + another comorbidity
- Syndrome (genetic or metabolic) + 2 other comorbidities
- Mitochondrial disorder