

**Rheumatology Program**

Division of Immunology | Department of Pediatrics  
Ph. 617.355.6117 Fax 617.730.0249



Dear Rheumatology Patients and Families,

The Boston Children's Hospital Rheumatology Team is committed to working with our patients to learn how to independently manage their health as they grow and mature. This process includes developing skills to take increasing responsibility for their care, and eventually moving from a pediatric to an adult rheumatology clinic when they are ready.

The skills we will discuss with your child include:

- Knowing their own medical history
- Knowing their medications (including doses) and allergies
- Talking with their doctor independently, including telling their doctor about symptoms and asking questions
- Communicating with medical offices, pharmacies and insurance companies

To support this transition, beginning at or about age 14, or as developmentally appropriate, members of our team may spend part of the visit meeting with your child individually.

While adolescent patients and their parents can communicate with their doctors via the MyChildren's Patient Portal, it is important for you to know that once your child reaches 18 years of age, they are legally considered an adult and their permission is required to share any health information with parents. Parent access to the MyChildren's Patient Portal will automatically end once a child turns 18, and young adult patients then have their own account. We understand that many young adults will choose to have their families continue to be involved in their care, and your child may sign a release to share health information with you.

Our goal is to transition the care of our patients to adult rheumatologists by age 22 or at the time of their graduation from college. We will also transition patients at time of pregnancy. We will support this transition by providing referrals to adult rheumatologists, transferring medical records, and communicating with adult providers. We will also schedule appointments with our young adult patients at least once after they have seen their new adult rheumatologist in order to ensure that they have successfully established care.

Please feel free to contact us with any questions about these policies, or other ways that we can support your family through this transition.

Sincerely,

Your Boston Children's Hospital Rheumatology Team

**I have read and understood the transition policy.**

\_\_\_\_\_ (patient and/or parent signature)

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**Please keep this copy for your reference.**