

## **A Family Toolkit: Pediatric-to-Adult Health Care Transition**

Got Transition and its National Family Health Care Transition Advisory Group have developed a new toolkit for families to use to guide their youth's transition from pediatric to adult health care. The [Family Toolkit](#) includes easy-to-use resources for youth and families to help youth assume more independence in taking care of their own health and using health services. Materials include a transition timeline, questions to ask your doctor, what turning 18 means for one's health, and more.

Got Transition is the federally funded national resource center on health care transition (HCT). Its aim is to improve the transition from pediatric to adult health care through the use of evidence-driven strategies for health care professionals, youth, young adults, and their families.