

TRANSITION TO ADULT HEALTH CARE

Health care transition is the process of supporting young adults in developing independent health care skills, preparing for an adult model of care, and eventually transferring to new providers without disruption. Children's of Alabama and the University of Alabama at Birmingham are committed to helping our patients throughout this process.

The STEP program (Staging Transition for Every Patient) will begin working with youth and their families and/or caretakers beginning as early as age 14. We will discuss the changes involved in leaving the "pediatric" model of care – in which parents make most of the decisions – for an "adult" model of care, in which the young adult takes responsibility for his/her decision-making and self-care. We will spend time with the teens during the visit, to assist them in setting health priorities and goals as they move toward independence.

We know that transitioning from pediatric to adult health care can be scary. Through the STEP program, we try to make the process easier and ensure that you receive uninterrupted, expert care. We recommend that the transfer occur between the age of 18 and 21, but we will work with youth and their families to determine the most appropriate age of transfer for their situation. We are committed to assisting with the transfer process through providing primary care services, identifying adult specialists when necessary, communicating with other areas of your care team, and finding additional services for your unique needs.

At age 19, youth legally become adults in the state of Alabama. We respect that many of our young adult patients choose to continue involving their families in health care decisions. Only with the young adult's consent can we discuss personal health information with family members beyond this age. If the youth has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making (i.e. guardianship) prior to the young adult turning 19.

If you have questions, please contact us at 205-638-5281. If you/ your child is 18 or older and ready to be seen in the STEP program, please call 205-801-7474 for an appointment.

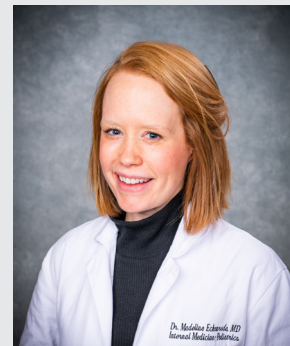
OUR TEAM



Carlie Stein Somerville, MD
Medical Director



Betsy Hopson, MSHA
Program Director



Madeline Eckenrode, MD

DIRECTIONS TO THE WHITAKER CLINIC OF UAB HOSPITAL

IF TRAVELING FROM BIRMINGHAM INTERNATIONAL AIRPORT OR I-20 WEST/59 SOUTH

- Follow I-20 West/59 South
- Take EXIT 126-A onto U.S. 280 East/U.S. 31 South
- Take Hwy 78 EXIT (3rd-4th Avenue South exit)
- Turn RIGHT at end of exit to reach 3rd Avenue South
- Turn LEFT onto 3rd Avenue South and continue to 22nd Street South
- Turn LEFT onto 22nd Street South and continue to 6th Avenue South
- Turn RIGHT onto 6th Avenue South, then turn RIGHT into The Kirklin Clinic of UAB Hospital parking deck

Note: After parking, take the elevator to the 2nd floor to reach the sky bridge that connects the parking deck to the Whitaker Clinic of UAB Hospital and The Kirklin Clinic of UAB Hospital.

FROM I-65 NORTHBOUND

- Take Exit 259 (University Boulevard) and continue to 18th Street South
- Turn LEFT and continue to 4th Avenue South
- Turn RIGHT onto 4th Avenue South and continue to 22nd Street South
- Turn RIGHT onto 22nd Street South and continue to 6th Avenue South
- Turn RIGHT onto 6th Avenue South, then turn RIGHT into The Kirklin Clinic of UAB Hospital parking deck

Note: After parking, take the elevator to the 2nd floor to reach the sky bridge that connects the parking deck to the Whitaker Clinic of UAB Hospital and The Kirklin Clinic of UAB Hospital.

FROM I-65 SOUTHBOUND

- Take Exit 259B (4th Avenue South exit)
- Continue on 4th Avenue South to 22nd Street South
- Turn RIGHT onto 22nd Street South and continue to 6th Avenue South
- Turn RIGHT onto 6th Avenue South, then turn RIGHT into The Kirklin Clinic of UAB Hospital parking deck

Note: After parking, take the elevator to the 2nd floor to reach the sky bridge that connects the parking deck to the Whitaker Clinic of UAB Hospital and The Kirklin Clinic of UAB Hospital.

FROM RED MOUNTAIN EXPRESSWAY (U.S. HIGHWAY 31/280)

- Take Hwy 78 exit (also labeled 3rd-4th Ave South exit) and bear LEFT where exit divides to reach 3rd Avenue South
- Turn LEFT onto 3rd Avenue South and continue to 22nd Street South
- Turn LEFT onto 22nd Street South and continue to 6th Avenue South
- Turn RIGHT onto 6th Avenue South, then turn RIGHT into The Kirklin Clinic of UAB Hospital parking deck

Note: After parking, take the elevator to the 2nd floor to reach the sky bridge that connects the parking deck to the Whitaker Clinic of UAB Hospital and The Kirklin Clinic of UAB Hospital.