

Pediatric-to-Adult Care

Use this fillable checklist to organize the handoff, confirm responsibilities, and reduce gaps in NF care.

Name

Target transition date or age

1. Begin the conversation

- ☐ Ask when pediatric care ends and when transition planning should begin.
- ☐ Identify which current providers can continue seeing me in adult care.
- ☐ Ask whether the pediatric team recommends an adult NF clinic or other adult providers.
- ☐ Discuss how I want to participate in decisions and what caregiver support will continue.

2. Build the handoff

- ☐ Request a concise medical summary and current care or monitoring plan.
- ☐ Gather imaging, pathology, genetic testing, surgery, and treatment records.
- ☐ Confirm who handles prescriptions, results, orders, and urgent questions until adult care begins.
- ☐ Ask the pediatric and adult teams to communicate directly when possible.

Key handoff details

Final pediatric appointment

First adult appointment

Pediatric team contact

Adult clinic/provider contact

Who manages prescriptions and results during the handoff?

Pediatric-to-Adult Care

Use this fillable checklist to organize the handoff, confirm responsibilities, and reduce gaps in NF care.

3. Set up adult care

- ☐ Schedule the first adult appointment before pediatric care ends when possible.
- ☐ Confirm the adult provider received and reviewed the transfer records.
- ☐ Track required referrals, prior authorizations, and insurance changes.
- ☐ Ask who will coordinate NF care and how primary and specialty care will work together.
- ☐ If no adult NF clinic is nearby, ask about shared care with local providers and a distant NF center.

4. Confirm the transition

- ☐ Review who handles each part of care and whom to contact about a new concern.
- ☐ Schedule ordered imaging, referrals, and follow-up visits.
- ☐ Keep the first adult visit summary and update my personal health record.
- ☐ Confirm no pending result, refill, order, or referral was lost during the transfer.

Open items and responsibilities

Adult-care coordinator or main contact

Insurance, referral, or authorization status

Records sent, received, and reviewed

Next imaging, test, or follow-up date

Remaining tasks, owner, and deadline