

A Note To My Family Physician (FP)



EXERCISE: Your own Family Physician may not have realized how old you are getting and that you are starting to think about your future. Why don't you email your doctor a note that goes something like this...

Date: _____

Dear Dr: _____

I am starting my transition planning with the _____ Clinic. Transition planning will help me prepare to transfer safely to the adult healthcare system by the time I am 18-years-old.

During my regular clinic visits, and at home, I will be talking to those involved in my care about:

- my condition, my treatments, and my medications,
- being involved in, and making healthcare decisions,
- my abilities and plans for my future at school or in the job market,
- school, friends, dating, and relationships,
- how my body is changing and how that affects my health,
- videos, books, and pamphlets that teach me about myself and becoming more independent,
- choosing an adult medical specialist, and what is expected of me as an adult patient.

I wanted to let you know because you are my family physician. Hoping you can help me with this too. See you soon.

Yours truly,