

Prepare Your Teen to Become Independent

In New York, patients are considered adults at 18 years of age. This means that 18-year-olds can make appointments and see doctors on their own. After age 18, our Health Center will contact only the patient, not parents, about their health. Before your child turns 18, start thinking about what you and your child need to do to prepare for this transition. This is especially important if your child has special needs.

Parents should start thinking and talking to their child about important aspects of becoming an adult.



CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

General Info Line (212) 226-8339

Website www.cbwchc.org

268 Canal Street, New York, NY 10013

Internal Medicine (212) 379-6998

Women's Health (212) 966-0228

125 Walker Street, 2/F, New York, NY 10013

Pediatrics & Adolescent Health (212) 226-3888

Teen Resource Center (TRC) (212) 226-2044

Dental (212) 226-9339

136-26 37th Avenue, Flushing, NY 11354

Internal Medicine (718) 886-1200

OB/GYN (718) 886-1287

Pediatrics (718) 886-1222

137-43 45th Avenue, Flushing, NY 11355

Family Medicine (IM, Peds & GYN) (929) 362-3006

Health Education Department (212) 966-0461

Social Work Department

Manhattan (212) 226-1661

Queens (718) 886-1212

Need Health Insurance? We Can Help!

Manhattan (212) 226-8339

Queens (718) 886-7355

Living

- Where your child will live
- How your child can get around on their own
- Whether your child can cook, clean, and take care of themselves
- A Non-Driver ID Card for your child starting at 16 years of age
- Safe sex, family planning and birth control

Education

- What kind of diploma your child will get in high school
- Your child's options after high school
- Organizations and community resources that can help your child transition to adulthood

Finances

- A bank account and your child's ability to budget for living expenses
- Programs, such as Medicaid, Supplemental Security Income (SSI), Supplemental Nutrition Assistance Program (SNAP) and Office for People with Developmental Disabilities (OPWDD)

Health Care

- Health insurance coverage: Talk to your social worker about what health insurance your child may still receive after 18
- New doctors (internal medicine, medical specialists, and GYN doctors for women): Be sure to give these new doctors your child's medical records
- Whether your child can make appointments on their own, knows when and how to seek medical care, and take medications properly
- Whether your child can understand and manage their chronic illness
- If your child can explain their illness or disability to others in case of emergency
- A legal guardian or health care proxy to help your child make decisions about medical care if he/she has a special need and is unable to make these decisions. Parents or a designated person can file to become a legal guardian

If you have question, talk to our pediatrician and social worker. We can help you and your child make this important transition. Visit these websites for more information:

- **Charles B. Wang Community Health Center:** www.cbwchc.org/hematerials.asp
- **Got Transition:** www.gottransition.org/youthfamilies
- **INCLUDEnyc:** www.includenyc.org

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