

Tip Sheet: Families of Children with Special Health Care Needs

Moving from the Pediatrician to an Adult Health Care Provider

Ideas for finding an adult care provider for young adults

Thank you to parents and the [Center for Medical Home Improvement](#) for these ideas!

- Ask your child's current doctor for references.
- Consider your own doctor. (He or she may already know your child!)
- Contact similar-diagnosis support groups or associations.
- Contact an adult disability agency such as Vocational Rehabilitation, Independent Living Center, a brokerage, etc..
- Ask other parents of children with the same or similar conditions. Even if the diagnosis is not exactly the same, the provider may have demonstrated interest in adults with special health needs or a willingness to learn more.
- Refer to your health insurance company booklet of approved providers. If your health insurance company has a special needs care coordinator, ask that person for a referral.
- Contact a university medical center (OHSU) and inquire with faculty.
- Try a website:
 - Oregon Medical Board: <https://techmedweb.omb.state.or.us/Clients/ORMB/Public/VerificationRequest.aspx>
 - Oregon Medical Association: <http://www.theoma.org/physicians>
 - American Medical Association: <https://apps.ama-assn.org/doctorfinder/specialtySearch.do?specialty=7&state=OR&city=&zip>



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