

Health Care Planning with your Cardiologist

Planning health care can be difficult when you are born with a heart problem. That's why some young people with heart problems and their families used their experiences to make these questions.



How can I plan for my future health needs?

How does my current health factor into future plans?

What is likely to happen when I transition from pediatric to adult care?

What if I don't transition?

Can you tell me about any specialized care I will need as I get older?



What is expected over time?

How do you think daily life will look as I get older? (In three months, one year, five years, ten years)

Will I need any procedures or surgeries?

Will I need school or community supports?

Will it impact my work or job?

How will my heart history affect my health over time?

When I'm older, what type of care do you think will be needed?



What happens if there are problems?

Can you describe any serious problems that might occur and explain what those mean for me?

If I cannot communicate, how can I share my health information and wishes?

If we decide to have someone support me in making medical decisions, what do we need to do to make those arrangements official?

If my needs increase, what resources are available to me?