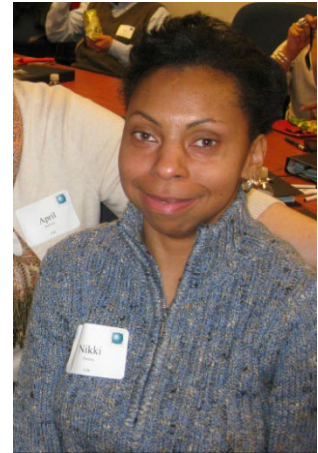


Nikki's Transition Story

My name is Nikki and my transition story happened in my late teens. I was a patient at Children's Hospital National Medical Center located in Washington, DC where I received treatment for Rheumatoid Arthritis. There I received medical care as well as physical and occupational therapy.



During a routine physical therapy appointment, it was brought to my attention that I would need to transfer to an adult practice. The first thought that entered my mind was where would I go to receive services?

I was familiar with making my own appointments and getting any needed lab work done. I wish that I had been made more aware of this transition ahead of time so that I could have sought out all options that might have been available to me when transitioning from pediatric to adult care.

I believe that getting prepared early in this process would be beneficial to all who are involved. Whether that's talking to your doctor or speaking to others who have already transitioned. Having the knowledge is key to preparing for transition.