

Preparing for Adulthood (Transition) – Moving on to Adult Services

Young People's Information Leaflet

This leaflet tells you about how we will help you move to
adult services for your care when you are older



What is Preparing for Adulthood (Transition)

Preparing for Adulthood is often referred to as transition to adult services and means “change”. Preparing for adulthood involves a longer time to plan and discuss important issues for you as you grow up. This could be around what you want to do for work, friends, relationships as well as your health needs.

Your health team will work with you to identify what information you may need in order to support you as you get older and move to adult services.

When will it happen?

It will take place between the ages of 14 – 19 yrs.

Once you reach 14 yrs your health team will start to talk to you about transition and give you this leaflet. Then each time they see you they may talk about it and what you would like to happen when you are older.

To help you think about what you would like there is space at the back of this leaflet to write down your views and also any questions you may wish to ask your health team when you see them again.

Between the ages of 14 – 16 years your health team will ask you for your views, answer your questions and also use a document which is like a transition check list to help guide them to what additional help or support you may need. They will then write up a transition plan that will guide you and health teams through the work needed before you move to adult services. The transition plan will then be reviewed with you at least once every year.

For young people with more complex health needs the team will contact the adult service and start conversations with regards to your needs from 16yrs+.

For young people with less complex health needs the team will contact the adult services start conversations with regards to your needs from 17yrs+.

The move from children’s to adult services usually happens on your 18th Birthday if you are still at school or as you leave school. If you leave school before then this may be done earlier.

Information Sharing

To help us plan we will need to share information about you with other people, for example adult services. We will ask for your consent to share your information.

Your Health

Your health team will consider other aspects of health and tell you about how to:

- See a GP
- Get an eye test
- Get a check on your teeth

If you have a learning disability at 14 yrs you can go to the GP for an annual check-up. We can tell you how to do this.

What if we can't help you

If your health team feel they can't help you, they may wish to refer you to a different service or show you other forms to complete that will help you to get what you need as you move into adult life.

Your Health Team contact details

You can contact your health team on:

Team:

Telephone:

Email:

What I want to do when I am older: (list or draw a picture)

Questions to ask my Health Team:

To help with difficult decisions try to “Ask 3 questions”

1. What are my options/choices?
2. What are the pros and cons of those options/choices?
3. Who can help me to make a decision?

Please bring this leaflet with you to health appointments – to support you to ask any questions and help your health team to develop your transition plan.

Other sources of information:



Department

Telephone: **01253 957870 / 951101**



Hospital switchboard

Telephone: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.

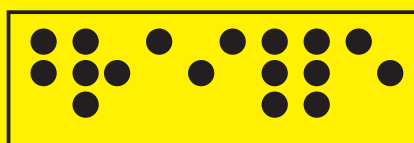


You can contact them via tel: **01253 955589**
or by email: **bfwh.patientrelations@nhs.net**



Further information is available on our website:
www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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Date of Publication: **Date of Publication: 27/07/2021**

Reference No: **PL/1340**
(CORP/POL/634) (v1)
Review Date: **01/07/2024**