

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

A Guide for Parent/Carers

Patient Information Leaflet



## 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 your child would like to do for work, friends, relationships as well as their health needs.

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

## When will it happen?

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

Once your child has reached 14 yrs your health team will start to talk to you both about transition and give you this leaflet. Then each time they see you they may talk about it and what you and your child would like to happen when they 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, your child and their 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 child’s needs from 16yrs+.

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

The move from children’s to adult services usually happens on your child’s 18th Birthday or as they leave high school/special 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 your child with other people, for example adult social care, therapy or nursing services. Consent will be sought according to the legal framework (see below).

## Legal Frameworks

As your child becomes an adult you will be aware that in law there are changes which services have to follow.

**Gillick competence** outlines whether a child (under 16) can consent to their own medical treatment without their parents/carer having to know or give permission. If the child has enough intelligence, competence and understanding to truly be informed about their treatment, they would be considered Gillick competent. If the child does not have the capacity to consent, someone with parental responsibility can do so on their behalf.

**The Mental Capacity Act (MCA)** is the ability of a young person over the age of 16 to make their own decisions, this means being able to understand information given to them in relation to a decision, remember the information long enough to make a decision, use or weigh up the information available and communicate their decision in any which can be recognised. If they are unable to meet these criteria, they are considered to be 'lacking capacity'. This can include young people with Learning disabilities, mental health problem or brain injury. If a young person over the age of 16 has been assessed as lacking mental capacity, there can be several people and agencies involved in making decisions on their behalf, depending on the complexity of the situation. The MCA does not apply to under 16s.

The Mental Capacity Act 2005 (MCA) provides a clear framework for parents on who should be consulted in the decision-making process and when. The five principles of the MCA are:

- Presumption of capacity
- Support to make a decision
- Ability to make unwise decisions
- Best interest
- Least restrictive

A Best Interest meeting is a statutory principle set out in section 4 of the Mental Capacity Act. It states that 'any act done, or decision made, under this Act or on behalf of a person who lacks capacity must be done or made in their best interests.

Because the Best Interest principle is a statutory principle there is a legal requirement for all decision makers to apply it when making decisions on behalf of a person who lacks capacity. Therefore a Best Interest meeting would be called where decisions may need to be made for your child, to include professionals in order to make a collective decision on the decision to be made in your child's best interest.

## 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 your child has a learning disability at 14 yrs you are able to access annual health checks carried out by their GP. 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 your child 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.

### Website support

Please use the following website for more information that may help you. Blackpool SEND Local Offer or Lancashire SEND Local Offer.

## Your Health Team contact details

You can contact your health team on:

Team:

Telephone:

Email:

## What I feel my child would like to do when they are older:

## Questions to ask my Health Team:

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

1. What are my options?
2. What are the pros and cons of those options?
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:



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.

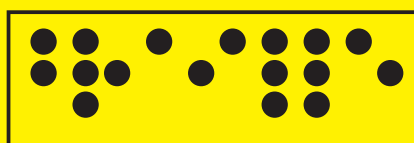


You can contact them via tel: **01253 955589**  
or by email: **bfwh.patientrelations@nhs.net**



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**



**01253 955520**

Author: Diane Booth  
Approved by: Child Health Departmental meeting  
Date of Publication: 27/07/2021

Reference No: PL/1341  
(CORP/POL/634) (v1)  
Review Date: 01/07/2024