

Children's Services




Adult Services

Welcome

This is a leaflet about getting ready for adult health services.

It will help you to understand the process and planning of what moving from children's health services to adult health services is like.



"Transition is
about making
plans with you,
and not about you"



We
care

What is Transition?

Transition is the process of preparing, planning and moving from children's to adult services.

Transition is a gradual process that gives you, and everyone involved in your care time to get you ready to move to adult services.

We understand that moving away from a team of doctors and nurses that you have been with for many years can be scary.

Hopefully, getting involved in the transition process will empower you to feel more confident and happier about the move.

A transition plan such as Ready Steady Go will be used to gradually plan and prepare you for adult services.

This usually starts when you are 13-14 years old.

If you are over 14 and your team has not mentioned transition to you yet, then ask them about it at your next appointment.

Why do I need to move?

Now that you are becoming a young adult, you will need care from specialist adult trained doctors and nurses.

Adult services are experienced in managing the kinds of issues that may arise as you get older.

The environment will also be more adult focused.

When do I have to move?

There is no exact time that is right for everyone.

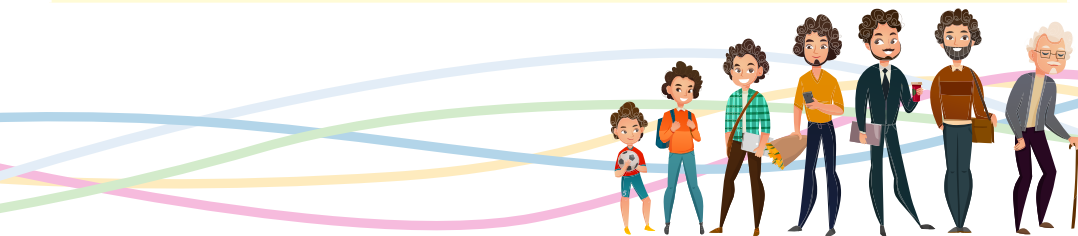
The purpose of this leaflet is to get you thinking about moving on and preparing for it.

Your healthcare professionals may have an idea about when they feel the time is right, but it is important that you are involved in that decision.

Where will I go and can I choose?

Part of the transition process is for all the teams involved within your care, to look at where your ongoing healthcare needs can be met best.

This will be discussed and planned with you.



What will be different in adult services?

One of the main differences is the amount of independence you will be given.

In adults services the doctors and nurses will spend more time talking to you than your parents or carers.

You can also choose to go to your appointments alone.

Adult services also have more experience in talking about adult issues like higher education, traveling, employment and sexual health.



What if I am not ready?

We understand that you may have been seeing the same team for many years and moving can feel daunting.

There is no set time that is right for everyone and every young person is individual.

By talking about transition early allows plenty of time to ask questions and discuss any concerns.

Who can help me get ready?

Your healthcare team will be able to give you information and support to ensure you are confident about moving onto adult services.

They can help you by:

- Teaching you about your condition or illness.
- Giving you greater control to look after your own healthcare.
- When you are ready, start to see you on your own for a short part of your appointment.
- Make sure you know when/where to get help, who to contact in an emergency or if you want to make any changes to your appointments.
- Make sure you know about all the support available to you.
- Help you to understand how your condition may impact your lifestyle, further education or career plans.
- Arranging for you to meet and visit the adult teams who will be responsible for your care. So that you can familiarise yourself with the adult service setting.



Supporting you... All The Way Through

Family

Your parents or carers have been really important in looking after your health. Your parents' role still remains essential to the transition process and will help to support you.

Please understand that your parents or carers may find transition difficult.

They are now handing over the responsibility to you and will have their own worries.

Try to talk to them and your healthcare team about how you feel about moving to adult services.

They may be able to relieve both of your worries about things like how appointments will be managed, getting to clinics, collecting prescriptions and many more.

Transition Team

Most of your discussions about transition will be with your doctors and nurses in the service managing your care. Please feel free to ask them any questions you have.

Doncaster and Bassetlaw Teaching Hospital NHS Foundation Trust also have a specialist transition team, who you may speak to during your transition journey.

To get in touch, please email the team at: dbth.transitionservices@nhs.net

Children's Services



Adult Services

The
DBTH
Way

