




change


good

Transitions: Health Care Top Tips

For young people aged 14 - 19
with additional needs



Community Children's
Health Partnership

What is transition?



Transition means change.

Change is ok, it's not a scary thing.
Change can be good.



change



good

After 14 and as you grow older the health professionals who support you will change.

14

fourteen



health



professionals



change

By the age of 18

the health professionals who support you will support you as an adult, not as a child.

18

eighteen



support



adult



not



child

What will change?



START



From the age of 14, if you have a learning disability your doctor will invite you in for an annual health check.



invite



year



health check

(Parents & carers: Place your child's name on the learning disability register at your local surgery for this to begin.)

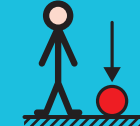
KEEPS GOING



Your family doctor will stay the same and you can ask them questions about your health. You can visit your family doctor at any time.



doctor stays the same



By the age of 18

the health professionals who support you will support you as an adult, not as a child.

18

eighteen



support



adult



not



child

STOP



Stop seeing a school nurse when you leave school.



stop



school



nurse

Stop seeing a child doctor by the age of 18.



stop



child



doctor

NOW.



NEXT...



TOP TIPS!



NOW.



NEXT...



TOP TIPS!



 support

Health professionals will support you as a child.

Health professionals will support you as an adult.

Make sure someone explains the changes to you.

 medicine

Medical prescriptions are free for children.

You may have to pay for medical prescriptions.

Ask your chemist about paying for prescriptions. Some adults don't have to pay.

 choice

Your parents or carers will often attend appointments with you.

You can make your own appointments.

You can choose to bring someone to appointments with you.

 contacts

Your school nurse can answer any questions you have about your health.

Your GP can answer any questions you have about your health.

Find out their contact number. Write it down on the next page or store them on your mobile phone.

 ask questions

Health professionals may ask your parents or carers questions about your health.

Health professionals will ask you questions about your health.

If you have a lot to discuss you could ask for a longer appointment.


Contacts



School nurse




Name:

 Phone number:

GP



Name:

 Phone number:



Things to look into



Bristol Parent Carers
Working with parents to shape services in Bristol.
bit.ly/2aLX5qu
0117 939 6645

South Glos Parent Carers
Working with parents to shape services in South Glos.
sglospc.org.uk
01454 501 009

KIDS
Independent supporters are trained to help families and young people through the education health and care plan assessment.
kids.org.uk
0117 9476111

WECIL
Social groups and employment support for young people in Bristol.
wecil.co.uk
0117 9479911

Bristol Local Offer
findabilitybristol.org.uk


South Gloucestershire Local Offer
bit.ly/2aufDdw

Transition From CAMHS - Young Minds
bit.ly/2dgmugs

Free help for teenagers - RespectYourself.org.uk

Bristol City Council
bit.ly/2d3HotR

Preparing for adulthood
bit.ly/2cz6mUr

It is  Our Mission to make sure

we always listen to you
and understand what your
experience of health care is.

Involve , Include and Listen to
Everyone.

Feedback

We need your views and opinions.
Please tell us how we are doing.

Advice and complaints

If you are unhappy with the service
you receive, please talk to us if
you feel able to. If you're still not
happy, please contact Advice and
Complaints on 01225 831 403.

Thank you...

To the young people at Culverhill
School, who have worked with
Barnardo's to produce this leaflet.

Believe in
children



Barnardo's



CULVERHILL
SCHOOL