Community Children’s Health Partnership

Transitions: Health Care Top Tips
For young people aged 14 - 19 with additional needs
What is transition?

Transition means change.
Change is ok, it’s not a scary thing.
Change can be good.

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.

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

KEEP 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.

STOP

Stop seeing a school nurse when you leave school.

Stop seeing a child doctor by the age of 18.

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

By the age of 18 the health professionals who support you will support you as an adult, not as a child.
Find out their contact number. Write it down on the next page or store them on your mobile phone.

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

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

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

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

Medical prescriptions are free for children.

You may have to pay for medical prescriptions.

Make sure someone explains the changes to you.

Health professionals will support you as an adult.

Health professionals will support you as a child.

You can make your own appointments.

You can choose to bring someone to appointments with you.

Your parents or carers will often attend appointments with you.

You may have to pay for medical prescriptions.

Health professionals will support you as an adult.

Health professionals will ask you questions about your health.

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

Health professionals will ask you questions about your health.

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

Top Tips designed by students at Culverhill School
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

WECSIL
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

ORGANISATIONS

WEBSITES
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.