



website: www.cchp.nhs.uk

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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Sirona care & health C.I.C is a Community Interest Company registered in England and Wales with company number 07585003. Our Registered office is: Headquarters Building, St. Martin's Hospital, Clara Cross Lane, Bath, BA2 5RP. We are publicly funded through the NHS and local authorities and are a not-for-profit social enterprise.



Community Children's
Healthcare Partnership

Transition; preparing for using adult health services



Information for parents and carers



Working together, working with you

What do we mean by Transition?

Transition from child health services to adult health services will mean your child may start seeing a different team at your local hospital or health and social services department. There should be a detailed exchange of information between teams before this takes place and will depend on individual circumstances.

Transition should be a gradual process starting at 14 years or school year 9. Staff working with your child should discuss the best options to help support you.

Preparing for Adulthood

One way of looking at Transitions is from a national organisation called Preparing for Adulthood. In conjunction with young people they have suggested that there are 4 main outcomes of transition should be based on the following Pathway. These outcomes and should be focused the following-

Preparing for Adulthood Outcomes:

- Good Health*
- Employment
- Independent Living and Housing
- Friends, Relationships and Community

*How to manage your health needs

When discussing young people's health needs, it should not be a single event but a process that starts being prepared as soon as possible. As part of the annual review at school (or part of the Education, Health and Social Care Plan), it is important to take some time for you and the young person you care for, to think about their health needs- this will be a way to plan all care especially around transitions needs.

This might include:

1. How to have a healthy lifestyle

Advice and help re Weight/ diet /exercise/drinking/ drugs/ smoking.
<http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>

2. How to manage your health needs

- When to see your GP
- When to see your hospital doctor
- When to go to the Accident and Emergency Department at the Hospital
- Understanding any medicines you have to take

3. Help and advice about relationships and Sexual health

<http://www.4ypbristol.co.uk/>

4. Talking to Doctors and Nurses

Want more advice about health services before your next review?

Contact your school nurse, or relevant health worker, who can support and advise you and discuss your individual needs.

Your school nurse is:.....

They can be contacted on:.....

Learning Disabilities

If the person you are caring for has a learning difficulty and is going through a transition to adult services, you or a nominated health worker should discuss this with your GP and ask the them to add the young persons onto the Learning Disability Register.

General contacts for Transition:

Bristol transitions www.bristol.gov.uk/transitions
Telephone 0117 3773686

- <http://ncb.org.uk/early-support/for-young-people/resources-for-young-people/transition>
- <http://www.nhs.uk/Livewell/Childrenwithalearningdisability/Pages/AnnualHealthChecks.aspx>