



Transition in healthcare

What is transition?



Transition is another word for change and for moving on from something.

We use the word transition to describe your move from children's health services into adult health services.



Transition usually happens when you are between 16 and 18 years old.

Talking with you about transition

Staff will start talking to you about transition when you are around the age of 13.

This is to give you lots of time to get ready for the changes.

We will want to know what is important to you and your family about transition.





We will give you information about some of the changes that might happen and what to expect.

We will support you and your family to feel ready for the move into adult health services.

Your family doctor (GP) might take over your care after you move into adult health services.

They will offer you a health check when you are 14 years old then every year after that.

These are called annual health checks.



What to expect when you go through transition

Adult hospital wards, clinics and departments might look and feel different to what you are used to.

You can ask to meet the new doctors, nurses and other staff before you transition.

You can ask to visit adult patient areas so you can see what they are like.





Meeting adult healthcare staff

Don't be afraid to ask questions or to tell staff about any worries you might have.

If you don't understand something you can ask us to explain it in a different way.

It's normal to feel nervous about meeting new people or going to a new place.



You and your family can talk to us about what you might need when we care for you.

You can also tell us what we can do to make you feel comfortable.



If you have a health passport you can share this with us.

Your health passport will help us learn more about you and how we can help you.



Ask a member of staff for a health passport to fill in if you don't have one.



You might need to have assessments to help us understand how adult health services can support you.

The Mental Capacity Act



When you are 16 years old we will support you to make your own decisions.

If it is hard to make decisions your parent or carer who knows you well can help you.



If someone has to make a decision for you, it is called a best interests decision.

This means that the person or people making the decision are thinking about what is best for you.



You can find out more by searching for 'transition in healthcare' on our website

www.cambspborochildrenshealth.nhs.uk