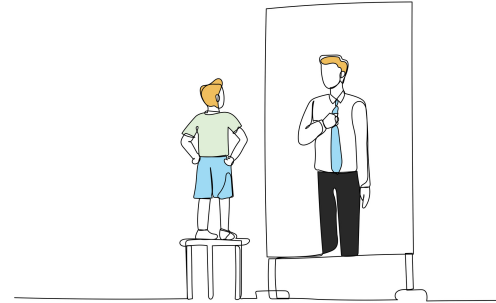


Transition in Healthcare

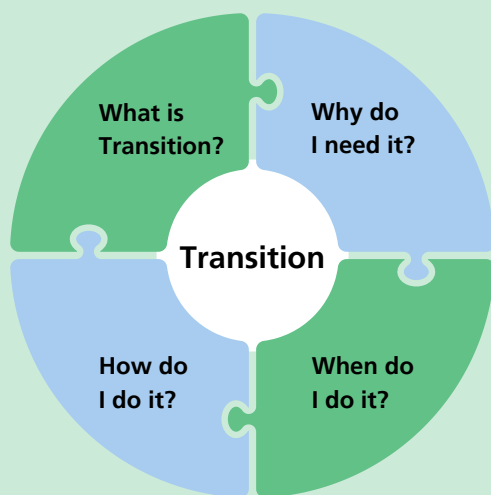
'Moving On' to Adult Care

Information for Young People and their Families

Children's Community Specialist Nursing Service and Community Paediatrics, Cambridgeshire Community Services NHS Trust



What?



In healthcare, we use the word transition to describe the process of planning, preparing, and moving from children to adult services.

Transition is a gradual process that involves you, and those involved in your care.

Moving to a new healthcare team might be worrying, by getting involved in the transition process you will feel more confident about the move.

Why?

Young people with a long term health condition will need to move from paediatric to adult services at some point. There can be a lot to think about when you're moving from child to adult services. Lots of different people may be involved in your care.

Adult healthcare can sometimes work differently to children's services.

Finding out about the changes will help you to manage your healthcare well in the future.

A good transition can help your experience of moving on and improves engagement with adult services.

Why?

As you become a young adult you will be expected to take more responsibility for your own healthcare, we can help you by providing information and support with this.



We understand that there is more to you than just your health condition, becoming an adult is a challenging time, with lots of changes physically, emotionally, and socially. The aim of transition is to empower you and support you through this.

If you aren't able to manage your own health needs independently, we will support your parent/carer to help you with managing this move.

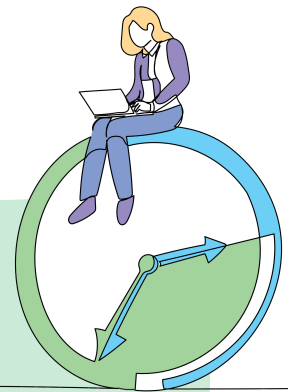
Parents and Carers: We recognise that when your child becomes a young adult this can be a worrying time, there may be a lot of changes to service providers, access to services and in how your responsibilities and rights as a parent may change. We are able to offer support with this and prepare you in a way that is helpful to you and your family.

When?

There is no exact time that is right for everyone.

We will offer a discussion about transition from age 13 onwards. If you have an Education Healthcare Plan transition planning should start in year 9.

It is usual for you to move to most adult healthcare teams around the age of 16. This will depend on the team that has been looking after you and the one you will move to, alongside when it's right for you.



If you are under the care of a community paediatrician and are in special education, they will provide care to you until you reach 19 years or leave school. Your care will then be transferred to your GP and any other specialist services that you need.

If you need to be admitted to hospital, once you turn 16 you will usually be admitted on to an adult ward. Talk to your healthcare team if you have any worries about this and to find out how you can be supported with this.

How?

This is based on you and your needs, we can help you think about things that might be important to you, and help you plan what information you need and when. We can tell you about other services and provide information and advice.

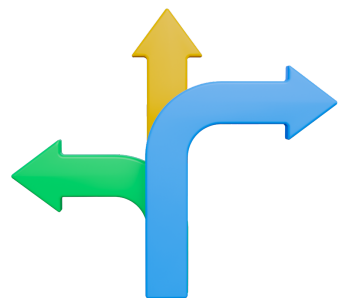
You will be included as much as possible it's your transition, if you need a parent/carer to help you with decisions and to act on your behalf we will work with them to make sure what you would want is kept at the centre of the transition plan.

Specialist healthcare teams in hospital or the community may oversee your transition into the adult healthcare, but we can support the process in the community.

The nursing team will offer to have a meeting to chat with you about your transition. We can offer these at your home or school or in one of our community settings, wherever you feel most comfortable.

There are some frameworks we can use to help support your transition, they help you and your family to gain the knowledge and skills to manage your condition into adulthood. You can find out more information on two commonly used programmes below:

- **Ready, Steady, Go**
- **A checklist to a good transition**



Ways we can help:

Involve you and your family in planning for your future and support.

If appropriate we can see you on your own for part of the clinic appointment or visit.

Making sure you know when/where to get help and who to contact in an emergency.



Helping you understand how your condition or illness might affect your future education and career plans.

Give you information about support networks.

Help you to understand the importance of a healthy lifestyle, including diet, exercise, smoking and sex.



Help you to manage your prescriptions, and your knowledge about your condition.

Support you with other important other things that might be happening such as relationships.

Work together with other health and social care providers, schools and other agencies.



Support you with thinking about advanced care planning, this can help your new teams to understand your wishes.









Be a point of contact when you need some advice, guidance or support.

Your Family:

Your parents or carers will be able to give you lots of helpful advice about managing your healthcare, they might still need to do so if you find it difficult to do independently.

We would encourage you to talk to them about how you feel about your move to adult care, they may have some worries of their own.

Questions you could ask your healthcare team:

-  What is the plan for my transition?
-  When am I moving to adult services?
-  Can I choose which adult service I move to?
-  Can I meet the adult staff before I leave children's services?
-  Can I look around the adult service before I transfer?
-  What is different about the adult service?
-  What do I need to know before I move to the adult service?
-  How might my condition affect my future, such as my education and employment?

Text, email, video calls, or we can meet in person, whatever suits you best.



Tel: 01223 218061



Our Teams

Children's Community Nursing Team: CCS-TR.CCNCambridge@nhs.net

Children's Complex Specialist Nursing Team: ccs.childrenscomplexspecialistteam@nhs.net

Community Paediatric Nurse Specialist: ccs.communitypaediatricnurse@nhs.net

Transition Lead Nurse: Tracy.whitwell@nhs.net - **Tel:** 07812 765452

Website information

More information can be found on our website, take a look here:

<https://www.cambspborochildrenshealth.nhs.uk/Transitions-in-healthcare/>

Notes

You could write down any questions you may have here:

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We aim to provide information that is accurate and impartial.
Adapted from Southampton University Hospitals NHS Trust 'Ready Steady Go'
Transition Programme.

If you would like this information in another format or language contact the above
or use the easy read option on the website for translation and alternative formats.