



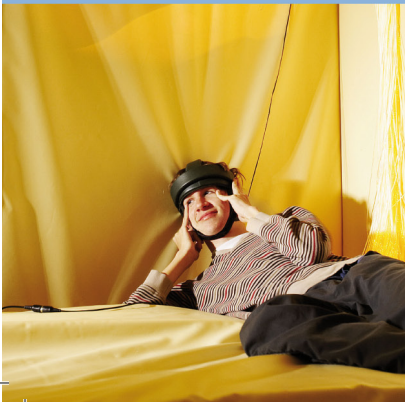
# Bradford Teaching Hospitals

NHS Foundation Trust



# Transition

moving on to adult health care



## What is transition?

In health care, transition is the word used to describe the process of moving from child to adult health services. Transition is a gradual process which involves planning and preparing for this move. It gives you and everyone involved in your care, time to discuss the best adult services for you and to ensure that you are ready for this move.

## Why do I have to move?

As you become a young adult, an adult service will provide the best all round care for your needs. Some of the issues you may want to discuss about your future such as careers, travel or independent living will be better answered by adult services. You may be beginning to feel that you have outgrown children's services and that you would prefer to be seen in a more grown up environment.

## When will I move?

Most young people move on to adult care between 16-18 years old. However, there is no exact time and deciding the right time for you will be something you can discuss with your consultant, nurse specialist and your family.



## Will adult services be different?

One of the main differences you will notice is the amount of independence you will be given in making decisions about your health care. The more you learn about your condition, the more confident you may feel to make these decisions on your own. Your family have been important in making these decisions for you up to now and you may still wish for them to attend appointments with you. You will be able to choose whether your family come into the consultation with you. You will find that the doctors, nurses and other staff involved with your care will spend more time talking to you rather than your family but you will still be able to ask their advice before making decisions.

When you are asked to make decisions about your health, you will be given all the information you need to make the right choices. You can always ask questions and let staff know if you do not understand anything. You may have been used to having one Consultant looking after your health but may find that in adult services, you have more than one. This is to ensure that you receive the right care for all your needs.

Until now you may not have seen your GP as your paediatrician might have provided your care for common illnesses. When you move into adult services your GP is likely to be well placed to coordinate the care you receive from the different adult teams, and to help you manage common illnesses.

If you are admitted to an adult ward, your parents may not be able to stay with you. Although visiting times are shorter, your family and friends will still be able to visit you and speak to you on the telephone. By the time you are ready to move to adult services, your friends will probably be old enough to visit on their own, which might make visiting easier.





## What else can I do to get ready?

Your current healthcare team will be able to give you help and support to prepare you for transition. It may be helpful for you to prepare by:

- Learning about your condition and your treatment.
- Learning how to order your medications.
- Practise arranging appointments with your consultant, GP, physiotherapist or dietitian.
- Get to know your General Practice (GP) services. You may wish to start seeing your GP for common illnesses. This will give you a chance to get to know your GP team, and for your GP to find out more about you and your medical conditions.
- Practise asking questions during clinic appointments and ward rounds and being seen on your own at clinic appointments.
- Keep important numbers and appointment dates handy and know who to contact in an emergency. Most young people move on to adult care between 16-18 years old. However, there is no exact time and deciding the right time for you will be something you can discuss with your consultant, nurse specialist and your family.
- Make sure you understand the importance of a healthy lifestyle including exercise, diet, smoking and sexual health.



## Questions to ask

- What is the plan for my transition?
- When am I moving to adult services?
- Who is responsible for arranging my transition?
- Can I choose which adult service I move to?
- Can I meet the staff from the adult service?
- Can I visit the adult service to look around?
- Are there other young people who I can talk to about moving to adult services?
- Are there other young people who have already moved to my adult service?
- What do I need to know before I move to the adult service?
- How can my family help me to get ready?
- When can I start getting more involved in my health care?
- What is it like to be an adult with my health condition?
- How will my condition affect my future, such as education, career or life choices?

This leaflet is designed to get you thinking about transition, giving you time for discussion and to ask questions so that you are fully prepared when you move to adult services. The information in this leaflet may help you to decide what you want putting into your transition care plan or you could use it as part of your care plan.

Use this space to jot down any more questions you may have.



This space can be used to list important numbers such as your Consultants secretary, nurse specialist, dietitian, physiotherapist, involved in your care now and who these contacts will be in adult services. Consider adding other important numbers such as your GP and local pharmacist.

Name	Contact details

## Other numbers and websites you may find useful:

<b>Connexions</b>	<a href="http://www.connexionslive.com">http://www.connexionslive.com</a> Tel: 0800 012 6606
<b>Sexual Health Advice</b>	<a href="http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whocanhelp.aspx">http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whocanhelp.aspx</a>
<b>Drug awareness</b>	<a href="http://www.talktofrank.com/?&amp;gclid=CPLZ1r3mj7UCFXHLtAodHIUANA">http://www.talktofrank.com/?&amp;gclid=CPLZ1r3mj7UCFXHLtAodHIUANA</a> Tel: 0800 77 66 00
<b>Alcohol Awareness</b>	<a href="http://www.drinkaware.co.uk/facts/health-facts">http://www.drinkaware.co.uk/facts/health-facts</a>
<b>Domestic Violence</b>	<a href="http://www.nationaldomesticviolencehelpline.org.uk/">www.nationaldomesticviolencehelpline.org.uk/</a> Tel: 0808 2000 347
<b>Carers Direct</b>	<a href="http://www.nhs.uk/CarersDirect/guide/vulnerable/vulnerable-adults.aspx">www.nhs.uk/CarersDirect/guide/vulnerable/vulnerable-adults.aspx</a> Tel: 0808 802 0202

This leaflet has been adapted from, with kind permission: Transition: Getting ready to move on to adult health services (2011) Great Ormond Street Hospital for Children NHS Trust. Available from: <http://www.gosh.nhs.uk/parents-and-visitors/advice-for-when-you-leave/transition-to-adult-services/>

## **Smoking**

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke in any of the hospital buildings or grounds, with the exception of the smoking shelters which are provided for visitors and patients only.

## **Wristbands**

When you are in hospital it is essential to wear a wristband at all times to ensure your safety during your stay.

The wristband will contain accurate details about you on it including all of the essential information that staff need to identify you correctly and give you the right care. All hospital patients including babies, children and older people should wear the wristband at all times.

If you do not have a wristband whilst in hospital, then please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

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