

WHAT

Wellbeing and Health
At Transition

Transition: Information for young people and families



Birmingham
Community Healthcare
NHS Foundation Trust

What is transition?

“Transition” the process of preparing, planning and moving from children’s to adult services. This includes deciding which services are best for you and where you will receive that care.

Transition is about making plans with you - and not about you.

We understand that moving away from a team of Health Care Professionals for many years can be scary but hopefully, by getting involved in the transition process, you will feel more confident and happier about the move.

Why do I have to move?

As you get older, you will find that some of the things you want to discuss or some of the care you might need is not provided by our children’s services.

Adult services are familiar with dealing with all sorts of issues that may arise, such as higher education, travelling, careers and sex.

When do I have to move?

There is no exact time that is right for everyone.

Your doctors and nurses may have an idea about when they feel that you might be ready but it is important that you are involved in that decision.

Can I choose where I move to?

Part of the transition process should be helping you to look at where your ongoing healthcare needs can best be met and how this will fit in with your future plans.

Who can help me get ready?

Your healthcare team will be able to give you information and support about moving on.

They can help you get ready for adult services by:

- Teaching you about your condition or illness
- Making sure you know when 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
- Making sure you know about the support networks available.

Your family

Your parents or carers have been really important in looking after your health and will be able to give you lots of helpful advice.

While you are in the process of transitioning, your parents will still be very involved in your care and their role is still important.

You may find talking to them about your feelings, and allowing them a chance to tell you how they feel, will help you all through the process.

Questions you may like to discuss with your healthcare team:

- What is the plan for my transition?
- When am I moving to adult services?
- What is different about the adult service?
- Can I visit the adult service to look around?
- What do I need to know before I move to the adult service?

This is only a start

From year 9 onwards is the time to start thinking about adult services and the transition process.

For every person, this process will be slightly different but your healthcare team will be providing you and your family with information about transition during year 9.

By talking about transition early, you should have plenty of time for discussions and questions, ensuring that you are fully prepared when the time comes to make the move to adult services.