


  
**Moving to adult healthcare**

**1**

**18 19**  
At 18 or 19 years old you will move to adult care because

  
you will be an adult and have different needs.

**2**

**14**  
At 14 you should start thinking of moving to adult care

If we think and talk about moving early you will have

lots of time to plan and ask questions.

**4**

We will talk to you, your family or carers

to help you make choices, find out what you want

and how you are feeling so we can plan your care.

**3**

Doctors nurses therapists and teachers will help

you plan your care.

It is important that you help with choosing too.