



Moving to adult health services: Information for parents and carers



There comes a time when young people will need to move to adult health services.

Moving to adult health services is called transition.



This information assists parents and carers in supporting young people to transition to adult health services.



When your young person is around 15 years old, their healthcare team will start to talk about transitioning to adult health services.



Talking about transition early will help you to understand the stages of transition and steps that you can take to make it easier for both you and your young person.



Things you can do include:



- Thinking about what the transition to adult health services will be like for your young person. Thinking about this early and knowing what you can do will help you to be ready.



- Supporting your young person to ask questions about their transition, including at which age they will stop seeing their current healthcare team and what adult health services they may need to access.



- Involving your young person in their health care by encouraging them to look after their health and participate in making decisions.



- Talking to your young person's healthcare team about what will happen during their transition to adult health services. You can ask them questions if you or your young person need further information.





When the time is right, your young person's healthcare team will write a plan outlining their transition to adult health services.



Having a plan will help your young person get ready to transition to adult health services.



The plan will include information about the adult health services your young person will be transitioning to. You can ask for a copy of this plan.



The transition to adult health services may be challenging for some people. Talking to someone about your feelings can help.

You can speak to your own healthcare team, a carer support service, or a peer group.

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