

# Moving to adult health services

FOR FAMILY / CARERS

This guide contains information about supporting your young person with intellectual disability to move to adult health services.



## DISCUSS



As your young person gets older, it is important to speak with them and their healthcare team about getting ready to move to adult health services.

Moving to adult health services is called transition.

Talking about transition early will help you to understand the stages and steps that you can take to make it easier.

## UNDERSTAND



As a family member/carer, there are things that you can do to involve your young person in their health care.

These things may change based on your young person's capacity and needs throughout the stages of transition.

You and your young person have the right to ask questions and give feedback to their healthcare team.

## PLAN



Your young person's healthcare team will work with you and your young person to write a plan for their move to adult health services. You can ask for a copy of this plan.

You can support your young person to choose adult health services that are appropriate for them.

Other things you may consider at this time include:

- Medicare card/Health Care Card
- financial assistance
- guardianship.

## PREPARE/GET READY



There are a number of things you can do to prepare for your young person to move to adult health services:

- make sure you have all the information you need about the services, including
  - location
  - cost
  - appointment lengths
  - what needs to be taken to appointments (including hospital letters, test and scan results)
  - any referrals that are required
- decide with your young person where their health information will be kept
- consider your own wellbeing and things that you can do to take care of yourself.

## TRANSITION/MOVE



Your young person's healthcare team will work with you and your young person to ensure everyone is ready to make the move to adult health services.

You will agree on a time period for the move to adult health services to take place.

Depending on your young person's capacity and needs, the role you play in supporting them to access adult health services may change. For NDIS participants, this will include updating plan nominees.

Ensure your young person stays connected with their GP. An annual health check should be conducted at least once a year, even if they feel well.

Your young person's rights are important. They have a right to access health services and have good health care. Support them to ask questions and speak up if something does not sound right.

← young person moves throughout stages between ages 15-25 →

Call 000 if you have a medical emergency

[tasp.hn/intellectual-disability-youth](https://tasp.hn/intellectual-disability-youth)