

Moving to adult health services

You have a right to access health services and have good health care. This guide shows the stages you will move between as you prepare to move to adult health services.

FOR YOUNG PEOPLE



DISCUSS



As you get older, you might need to see different healthcare workers.

Moving to adult health services is called transition.

Speak with your healthcare team about getting ready to move to adult health services.

You can talk to your family/carers about things you can do to get ready to move to adult health services.

UNDERSTAND



Looking after your health is important. Things you can do to stay healthy are:

- eat well
- be active
- get enough sleep
- stay in touch with your healthcare team.

As you get older, you can learn more about your health.

You can ask your healthcare team or family/carers questions about things you can do to manage your health.

PLAN



Having a plan helps you get ready to move to adult health services.

Your healthcare team and family/carers can help you choose the right healthcare services for you.

It is ok to get help to make these decisions.

Your plan will include information about the healthcare services you choose.

PREPARE/GET READY



Getting to know your GP and other healthcare workers helps you get ready to move to adult health services.

You can write down any questions that you want to ask your healthcare team.

Think about where to keep your healthcare information.

Some adult health services cost money. You can ask your healthcare team about these costs.

Speak to your healthcare team and family/carers about how you feel.

It is ok to get help to do these things.

TRANSITION/MOVE



Talk to your GP about your health.

They will work with you to look after your health.

Your GP may suggest you see other healthcare workers for extra support.

Healthcare workers keep your information private. They only share your information if you say it is ok.

Visit your GP every year for a health check, even if you feel well.

You are in charge of your body.

Speak up if you have questions or if something does not feel right.

← you will move throughout these stages between ages 15-25 →

Call 000 if you have a medical emergency

tasp.hn/intellectual-disability-youth