

Young Persons Transition to Adult Services

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

What is Transition?

Transition is the purposeful, planned movement of adolescents and young adults with chronic (long term) medical conditions from paediatrics i.e. children's services to adult orientated health care services.

Young people and young adults with special health care needs, and their families need to know that health care transition takes a lot of thought and planning.

For transition to be successful young people and young adults need to:

- Understand their condition or disease.
- Take responsibility for themselves.
- Manage their own health care.
- Be as healthy as possible.

We understand that for the adolescent to be able to transfer to adult care smoothly they may require some help and advice.

The Paediatric Directorate has therefore developed a Generic Young Persons' Transition document that can be initiated at a time which the young person or young adult feels is appropriate i.e. from any age from 14 years upwards.

It is hoped that the young person and their parents will be actively involved with the transition process and so it is for this reason that the transition document is intended to be a patient held document.

Transition

A Key worker will need to be chosen by the young person so they can help coordinate the transition process. The Transition document is divided into 5 specific areas.

- Self advocacy.
- Sexual Health.
- Psychological support.
- Education and vocational planning.
- Health & lifestyle.

If you think you are ready to start the transition ask your Consultant, Specialist Nurse or indeed any of your health care workers for a Transition package.

The Transition document will give you some ideas about what you can do to help make your health care transition easier. Each section is designed specifically for youth in a certain age range. For now you need to be thinking about becoming responsible for your own health care needs.

1. Learn as much as you can about your disease or illness and think about what you have to do to keep yourself healthy.
2. Try to do as much as you can yourself, how many reminders do you need from your parents to take your treatment?
3. Try to actively participate in your health care, try to answer questions yourself during your review with the doctor and participate in discussions about your treatment options. If you feel ready ask to see the doctor on your own first, you can be joined by your parents later.