



The Royal Wolverhampton  
NHS Trust

# Transition to Adult Healthcare Services



**This Transition Leaflet is aimed at supporting you in your journey from children's service's into adult services at The Royal Wolverhampton NHS Trust**

# What is transition to adult services?



As your child grows into adulthood, their healthcare will gradually move from children's services to adult services, this change is called 'transition' and usually starts around the age of 14 years and is completed by 18 – 19 years old.

Transition is a gradual and planned process that helps young people prepare for adult healthcare, build confidence to manage their own health needs and know who to contact and how to access help in adult services. Good transition should build on the young person's strengths and, when possible, work with the young person themselves to plan for their future. It should also involve you as a parent or carer and support you with any changes that will occur as your child reaches the legal age of adulthood, which in England is 18 years of age.

Throughout childhood, anyone with complex disabilities will have had support from health, social care and education services so you may face many transitions such as:

- Move to adult healthcare services
- Move to adult social care services
- Go from school to college
- Get a job or start training
- Manage housing and benefits
- Prepare generally for adult life, including managing money, transport, a social life, friendships and relationships

The most important thing is to start thinking and planning early and get support to help you through your transition process.

**Transition is about making plans with you and not about you.**

## Why do we need to move to adult services?

It is important that as your child becomes an adult that they are cared for by services that are appropriate for their age and needs. As they get older they may also want to be cared for in a grown-up environment by specialist adult trained doctors and nurses, rather than in children's departments and wards. Adult services will be the best place for them to get the correct care.

Moving away from a team of doctors and nurses that you have been with for many years can feel scary but hopefully, by getting involved in the transition process and the decisions that need to be made, you will feel more confident and happier about the move.

## What to Expect?

Your Doctors and Nurses will normally start talking to you about transition to adult services around the time of your child's 14th birthday. This may seem early to start talking about moving to adult services but this is to allow plenty of time for gradual planned transition. You may also hear about transition from other people such as School.




We want to build skills and confidence, wherever possible we will help your child understand their condition and treatments, practice talking to healthcare professionals directly and learn about prescriptions, appointments and emergency contacts.

You will be seen in a Transition Clinic within School where the children's team who currently care for your child will be present and you may have the opportunity to meet members of the adult team.

Your child will have the opportunity to attend careers events at school and will also be invited to visit local colleges with school staff as part of their life skills curriculum.

## Transition Passport

Sometimes professionals will put this information into a 'Transition Passport' if you have more complex health needs and are supported by lots of services such as specialist Doctors or Nurses and special education. When this happens we will work with these services to co-ordinate the different transitions.

  
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### My Transition Passport

This passport is for young people with long term health conditions who will require transfer to adult healthcare services.



My name is:

Safe & Effective | Kind & Caring | Exceeding Expectation

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# Moving Over to Adult Services

The age at which your child enters adult services will vary between services but is typically between the ages of 16 – 18 years. We will identify the best adult services for your child to be transferred over to depending on their needs, you may be given the opportunity to meet the adult team before you transfer over. Your GP will be important when you transfer to adult services and they will be included in all letters regarding transition. We will identify a transition keyworker to support you and co-ordinate your transition. We will ensure records, care plans and specialist equipment details are shared with adult services.

## Planning your route into urgent (emergency) care

Once you have moved into adult services, you will need to know what to do and who to call when your child is unwell. We will make sure your GP has the necessary information to support you. Once you have moved into adult services, you will no longer have open access to the Paediatric Assessment Unit (PAU) at New Cross Hospital or be admitted to A21 if your child needs inpatient care. We will make sure you have the necessary information to support you in preparation for accessing urgent care in adult services.



## Settling into adult services

Usually before your child's 19th birthday you will be settled into adult services and we hope you will feel confident and well supported.

## Your Role as Parents and Carers

- Complete and keep up to date your child's Transition Passport and bring to clinic appointments
- Share your child's needs, preferences and routines with the new team
- Encourage independence where possible, while staying a source of reassurance
- Keep track of key contacts, appointments and any changes in care

## Useful Resources

[Transition to Adult Services: Black Country 0 – 18 years website](#)



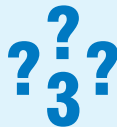
# Ask 3 Questions

There may be choices to make about your healthcare.  
Make sure you get the answers to these three questions:\*

What are my choices?

How do I get support to help me make a decision that is right for me?

What is good and bad about each choice?



Your healthcare team needs you to tell them what is important to you.  
**It's all about shared decision making.**

**Other questions I would like to ask  
during my appointment:**

**1**

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**2**

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**3**

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**4**

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**5**

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Remember, you can bring someone else with you to your appointment, such as a relative, carer or friend.