

**English Federation of Disability Sport** - <http://www.efds.co.uk/>

**CP Sport** -<http://www.cpsport.org/>

**Wheelpower** -<http://www.wheelpower.org.uk/>

**General**

**Trailblazers** [www.mdctrailblazers.org/](http://www.mdctrailblazers.org/)

**Transition Together** [www.healthtransition-walsall.nhs.uk/](http://www.healthtransition-walsall.nhs.uk/)

(This is a regional site but contains lots of useful information you may be able to use)



## Association of Paediatric Chartered Physiotherapists

# Understanding Transition



The Chartered Society of Physiotherapy is the professional, educational and trade union body for the UK's 50,000 chartered physiotherapists, physiotherapy students and associates

Association of Paediatric Chartered Physiotherapists

[www.apcp.org.uk](http://www.apcp.org.uk)

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## **What is Health Transition and what does it mean for you?**

You are coming up to adulthood and it is time you started to take control of your health needs. Our role in this process is to advise you how to maintain your physical well-being as you move into adulthood. Our paediatric physiotherapy services will finish (between the ages of 16 and 24 depending on where you live or go to school) and the role will be transferred to adult services. Adult services are accessed differently. Between now and then we will advise you on your future physiotherapy. This can be a confusing time, many young people feel unsure and have concerns, this is completely normal.

## **Things you need to know**

- Your past medical history, what your diagnosis is and where to get further information on this (i.e. websites and support groups)
- Make sure you know what treatments you have had and what has worked well and what hasn't worked as well.
- Your current physiotherapy regime and goals of physiotherapy
- How to manage your condition or to direct your carers on how to do this.
- Your condition may change so you need to be able to identify if something has changed, how to manage this and know who to contact to ask for help
- How to access help if you need it
- The importance of maintaining your health and fitness and things you can get involved with to do this.
- You are now able to make decisions about your physiotherapy care. We will talk to you about your options and discuss with you the consequences of those decisions.

- You may not need to continue with physiotherapy at this time but you need to know how to access it in the future. Make sure you have a contact name and phone number
- Who to contact for problems with orthotics (splints/insoles) or if you outgrow them
- How to look after equipment, when to contact someone to check it and who to contact. Any equipment you have at home needs to be checked at least once a year
- If you decide to move away from home you need to know how to access the local physiotherapy service, wheelchair service, orthotics service and GP. Do this before you move!

## **Useful Websites**

### **Driving**

**DVLA:** [www.gov.uk/browse/driving](http://www.gov.uk/browse/driving)

**Motability:** [www.motability.co.uk/](http://www.motability.co.uk/)

**RDAC:** [www.rdac.co.uk/](http://www.rdac.co.uk/)

### **Benefits**

**'From Child To Adult' - A Guide to Finances** [www.healthtransition-walsall.nhs.uk/money/](http://www.healthtransition-walsall.nhs.uk/money/)

**Citizens Advice Bureau** [www.adviceguide.org.uk/](http://www.adviceguide.org.uk/)

**DLA** - <https://www.gov.uk/dla-disability-living-allowance-benefit>

**Direct Payments** -<https://www.gov.uk/apply-direct-payments>

### **Disabled Students allowance**

-<https://www.gov.uk/disabled-students-allowances-dsas>

### **Sport/activity**