

Transition: The Basics



**Young People's Health
Transitional Service**

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This leaflet is designed to give you some facts and advice about *Moving on* from a child and becoming an adult individual with long term or complex health needs. Some young people with complex health needs, aged 14-21 years, have a Transitional Nurse Coordinator to help support and guide them and their parents from children's to adult health services.

What a Transitional Nurse Coordinator does for you:

- coordinates the transfer of health care from paediatric to adult services, for young people with complex physical health needs or with life limiting conditions throughout Hertfordshire
- links with the following agencies: Health services in the acute and community sector, Children's, Schools and Families, Health and Social Care, Voluntary agencies and Hospice Care
- acts as a resource on health care matters to young people, their families and multi-disciplinary teams
- coordinates training for carers, based on the young person's individual health care needs



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What is transition?

As you mature from being a child to an adult you outgrow the expertise of children's health services and need to move onto adult health services. This is really important if you have a chronic condition that requires ongoing treatment. When health professionals start to discuss transition with you they are talking about getting ready to start seeing adult services.

When does transition occur?

Transition does take time, it is a process that occurs over many years. This allows time for you and your family to plan your future health care with your health team. You need time to learn new skills that increase your independence, say goodbye to the children's service and have time to adjust to a new team and way of doing things.

The professionals in your health team will usually start to talk about transition and moving to adult health services when you are about 14 years old, unless you are older when you have been diagnosed.

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Differences between children's and adult health services

While it may seem difficult and upsetting to leave children's services, it is a sign that you are becoming an adult. There are many differences between children's and adult services. One main difference is the amount of independence that you will be given.

You will need to learn about your condition, treatment, know how to speak up about any concerns you have and seek advice when you need it.

As you become an adult, you will be learning how to do more things by yourself and therefore not need your parent's help as often. The adult service will treat you as an adult and will expect that you have some independence and are able to do many things for yourself.



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Here are some of the differences between children's and adult health service

Children's Service	Adult Service	Tips
Child health settings which are family focused	Adult services will treat you as an independent adult and may not include your family	You are entitled to bring someone with you to your appointments. It often helps to have someone else there for support
Questions are often directed towards your parents or caregivers	You will be expected to know about your condition. You will be asked questions directly	Bring a list of questions and concerns, as it is easy to forget when you are seeing the health care professional
There is usually more flexibility with appointments	You will be expected to make your own appointments and keep them at the agreed time	You could ask for a longer appointment, so that you have enough time to discuss your concerns
Prescriptions for medications are free for children	You may be expected to pay for your prescriptions	Your condition may make you exempt from payment. If not, it may be cheaper to buy a Prescription Prepayment Certificate every 3 months from your local chemist

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What you can do to help with your transition

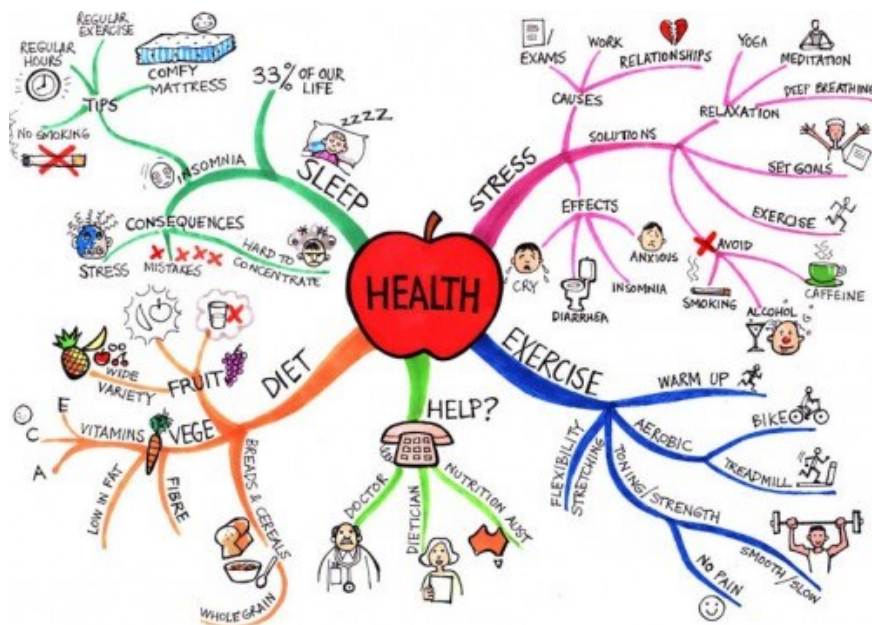
Health professionals in adult services will expect you to take more responsibility for yourself. They will expect that you:

- understand your condition, the treatment and be able to explain this to health workers when required
- know the warning signs that mean you need urgent medical help
- follow treatment plans given to you by the health professional that you have agreed to
- show up on time for your appointments
- know how to get referral or prescriptions when required
- know how to order and take care of equipment that you might need
- know your medical history

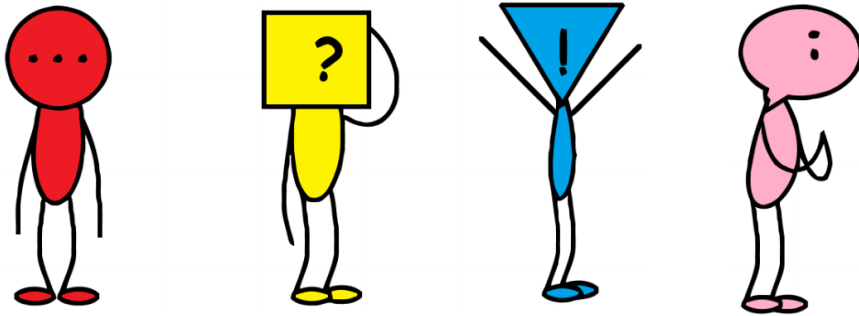
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Mental capacity



You have the right and responsibility to know and understand:

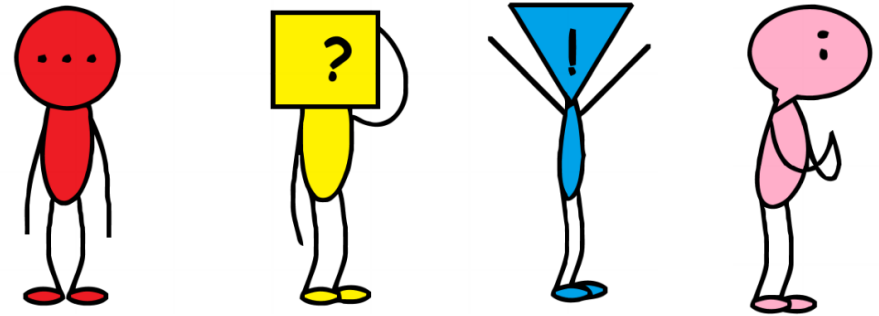
- what the proposed treatment is
- what the risks and alternatives are
- that you can say 'yes' or 'no' to the proposed treatment
- that you can request a second opinion

Under the age of 16 it is presumed you lack capacity to consent to your own treatment. If it is thought that they have enough understanding to fully appreciate what is involved in your treatment you will be able to give consent. Otherwise, someone with "parental responsibility" can consent for you.

From the age of 16 it is presumed you have capacity to consent to your own treatment, unless there is significant evidence to suggest otherwise. If a capacity assessment indicates lack of capacity, then a best interest decision will then need to be made for you.

If you are 18 or older and lack capacity to make decisions for yourself, your parent/guardian can apply for a Deputyship Order through the Court of Protection. Best interest decisions will need to be made for you

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Contact Details:

Health Transitional Service
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Peace Children's Centre
Peace Prospect
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Herts
WD17 3EW

Tel: 01923 470680

Email: hct.transition.herts@nhs.net

Our opening times are:

Monday to Friday 9-5pm

Public Holidays Closed

Website:

[http://www.hct.nhs.uk/our-services/
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