

If you have any further questions please contact your child's consultant via their secretary via the hospital switchboard. The secretaries are available Monday to Friday 9.00 am to 5.00 pm

If you need to contact the Department outside of these hours please phone either:

Ward 3F 0151 430 1616

Ward 4F 0151 430 1791

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



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## Young Persons Transition to Adult Services

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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## What is Transition?

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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

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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 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.