

# Transition

## Moving from Children's Health Care to Adult Health Care.



**This booklet tells you how your health care  
will change when you become an adult.**



**BETTER FOR YOU**

**Easy  
Read**

## Transition



Transition is when you grow up and become an adult.



When you become an adult your health care changes.



**Health care** is the help you get in places like

- the doctors
- the hospital

## When things start to change



Your doctor will talk to you about your health care changing when you are 14.

## What happens next?



Your doctor will ask you to come to a meeting. Your parents or carers can come with you.



At the meeting you will meet the nurses that look after adults.



These adult nurses will work with the nurses that looked after you when you were a child.



Together they will help you make a **transition plan**.

A **transition plan** is a plan that shows how you will move from children's health care to adult health care.

## Adult health care



You will start getting adult health care when you are between 16 and 18.

Or when you are ready.

## What changes?

### Your doctor



If you have a special **medical condition** you will get a different doctor.

A **medical condition** is an illness that you might have had for a long time.



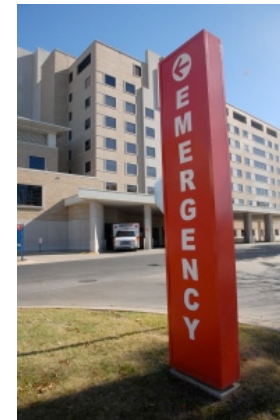
If you don't have a special medical condition your family doctor will still look after you.

## What changes?

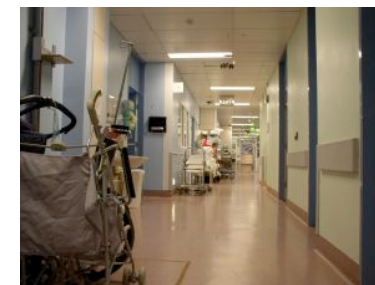
### If you have to go to hospital



When you were a child you could go straight to the children's ward if you were ill.



When you are an adult you will see your doctor or go to the emergency department first.



If you need to stay in hospital overnight you will go to an adult ward.



You might have to go to a different ward each time you stay in hospital.



## What changes?

### Consent



**Consent** is very important. It means saying yes or no to something like your treatment.



Treatment can be things like

- medicine
- an operation



When you are a child your parents give consent for you to have treatment.



When you are an adult you can give consent yourself. This means you say yes or no to having treatment.



You can ask other people to help you make a decision if you need support.

## What Changes?

### Seeing the doctor or nurse



When you are an adult you can choose to see the doctor or nurse on your own if you want to.



Or you can choose to have someone with you.

## More information

If you want more information you can talk to someone from PALS.

PALS is a group that can give you information about NHS health services.



You can call PALS on **0800 019 3282**.

You can text PALS on **07827 281 266**.



You can email PALS at  
**pals.gloucestershirehospitals@glos.nhs.uk**

## Learning Disability Nurses



There are special nurses at the hospital called **Learning Disability Liaison Nurses**. You can ask to see one if you need some support when you come to hospital.

If you want more information  
call **08454 224 985**  
or **08454 224 953**.

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[www.gloshospitals.nhs.uk](http://www.gloshospitals.nhs.uk)

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