

- Encourage them to begin to take more responsibility for their medicines/treatments (i.e. make sure they know what they are called, what they are for, how much to take and how often, etc.).
- Help them to take more of a role in keeping track of hospital appointments, etc.
- Encourage them to begin to see health professionals on their own for all or part of their appointments.
- Talk openly as a family about any concerns there may be about transition.

**If you have any questions or concerns about transition, please talk to your parents, nurse or consultant(s). You can contact the Children's Community Nursing Service on 01225 731624**

## **THE CHILDREN'S COMMUNITY NURSING SERVICE**

### **TRANSITION: GETTING READY FOR THE MOVE FROM CHILDREN'S TO ADULT HEALTH SERVICES**

#### **Information for Parents**

##### **What do we mean by transition?**

As your son or daughter grows up, you will naturally be considering their future. When young people reach the age of 18 (or 19 if still in full-time education) they generally move to adult services for their health care. This will mean that after this time the Service (i.e. your community nurse and psychologist) will no longer be involved in the care of your child.

Transition is a gradual process and there will be lots of time to think about the changing needs of your son or daughter and of your family, and to make sure everybody feels prepared for the move to adult health care.

##### **When will the process start?**

At around the age of 12-14 we will begin to think with you and your son or daughter about their changing needs as they

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approach adulthood and how we can best support you all with the process of transition. For example, we might want to think with you and your son or daughter about:

- Increasing their understanding and knowledge about their condition.
- Encouraging them to be more involved in decision-making and to take more control over their own health care.
- How you can continue to support your son or daughter while allowing them to be more independent.
- Developing a transition plan in discussion with you and your son or daughter, which will outline the agreed goals for transition.

#### Why is transition important?

The staff in community nursing and other children's services are specialists in caring for children and teenagers, but are not experts in adult care. Adult services are, therefore, more likely to meet the needs of your son or daughter once they have grown out of children's services.

There is likely to be a natural progression as your son or daughter grows up where they will begin to become more independent and want to take more responsibility for themselves. Adult services reflect this increasing need for independence, where the care is more patient-focused than family-focused, while appreciating that families often remain very important in providing support for the young person.

It can be difficult for parents to adjust to some of these changes, when you have been used to being responsible for managing your child's health care, communicating with professionals and making decisions. It can also be difficult to leave behind staff who have worked closely with your family for many years.

#### What might change?

Your nurse/psychologist might want to think with you and your son or daughter about issues such as:

- Whether they want to continue to be seen with you or on their own.
- Confidentiality and how information is shared between the young person, yourselves and professionals.
- What support they may want to access outside of the family, and what support you may continue to want as parents.
- What concerns you might have about your son or daughter in future, which may include their health, career choices, benefits, relationships, etc, and who may be able to support you with these concerns.
- What it will be like ending your relationship with Lifetime and other child services.

#### What else can you do to prepare for transition and to support your son or daughter during this process?

- Encourage them to ask questions and provide appropriate information around their condition and treatment.

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