

Transition: moving in to adult care

Information for patients, parents, and carers from the Haemophilia Centre

What is transition?

In healthcare, we use the word “transition” to describe the process of preparing, planning, and moving from services for children to services for adults.

Transition is a gradual process that gives you, and everyone involved in your care, time to discuss how your healthcare needs will be met as an adult and to get you ready to move to adult services.

Transition is about making plans with you and not about you.

Why do I have to move?

Adult services deal with all sorts of issues such as higher education, travelling, careers, and sexual health, which are not so likely to arise when you are younger.

You may decide that you would prefer to be seen in a more grown-up environment, rather than in children’s departments or wards.

When do I have to move?

There is no exact time that is right for everyone to transition to adult services. Since the Haemophilia Centre in Canterbury looks after both children and adults with bleeding disorders, it is likely you will continue to be looked after by the same doctors and physiotherapist. However, there is a separate nursing team for adults.

The purpose of this leaflet is to get you thinking about moving on and preparing for adult services.

The doctors and nurses who are responsible for your care will say when they feel that you are ready for transition to adult services, but it is important that you are involved in that decision.

At the Haemophilia Centre we start your transitioning process at around the age of 12. You would be formally transitioned around the age of 18. It is a process that happens over years and not something that will happen suddenly or without your involvement.



Can I choose where I move to?

Part of the transition process will include helping you to look at where your ongoing healthcare needs can be best met, and how this will fit in with your future plans such as moving away from home.

Your consultant will be able to give you information about your options, to help you make the best decision.

If you will be moving to study at university or college you have the option of continuing to use your current haemophilia centre where appointments can be fitted around your term times, or moving to a haemophilia centre closer to your place of study.

Most universities have their own health or medical centre. They will need to be aware of your condition.

Who will help me get ready to transition to adult services?

Your healthcare team will be able to give you information and support about moving on.

They can help you get ready for adult services by:

- Teaching you about your condition, its treatment, and any possible side effects.
- Seeing you on your own for part of your clinic appointment when you are ready, and working towards seeing you on your own for your whole appointment.
- Making sure you know when to get help and who to contact in an emergency.
- Helping you understand how your condition might affect your future education or career plans.
- Making sure you know about the support networks available to you.
- Making sure that you understand the importance of a healthy lifestyle, including exercise, diet, smoking, and sex.
- Making sure you know how to get your treatment and who to contact to order more medicine, for example the home delivery company or contacting the Haemophilia Centre or your GP.

How will transitioning to adult services affect my family?

Up until now, your parents or carers have been really important in looking after your health. They will be able to give you lots of helpful advice both during your transition stage and in the future.

While you are in the process of transitioning, your parents or carers will still be very involved in your care and their role is still important.

Try to talk to them and your healthcare team about how you feel about moving on to adult care and about any questions or concerns you might have.

You could also discuss practical issues relating to your health, such as getting to appointments, getting repeat prescriptions, ordering home delivery, and asking questions in clinic.

While transition is all about you, it is important to realise that your parents may also be finding it difficult handing over the responsibility for your care to you. This can be hard for many parents and they will probably have worries of their own.

You may find that it will help you through the process to talk to them about your feelings, as well as allowing them a chance to tell you how they feel.

Questions you may like to discuss with your healthcare team

- What is the plan for my transition?
- When should I move to adult services?
- Can I choose which adult services I move to?
- What is different about the adult services?
- Can I meet the adult staff before I leave the children's services?
- Can I visit the adult service to look around?
- Are there any young people I can talk to about moving to adult services?
- What do I need to know before I move to adult services?
- When can I start getting more involved in my health care?
- How will my condition affect my future, such as my education and employment prospects?

Please feel free to ask your healthcare team these and any other questions you may have about transitioning. The team are available to answer these questions and make this process as easy as possible for you and your family.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation