

Moving on to adult services – transition process for young people: Guidance for clinical colleagues in adult and primary care services

13-14 years (year 9)

Children's health colleagues, in both primary and secondary care, have begun to talk to the young person and their family regarding moving on in the future to adult services.

14-16 years

A full transition plan has been established in partnership with the young person and their family. The young person is supported to manage their own condition and is ready to transition to adult services. During this time, the young person and their family have been introduced to adult clinicians and environments.

16-18 years*

The young person attends transition clinics and has a completed transition plan.

When developing services which include the young person, adult services should consider:

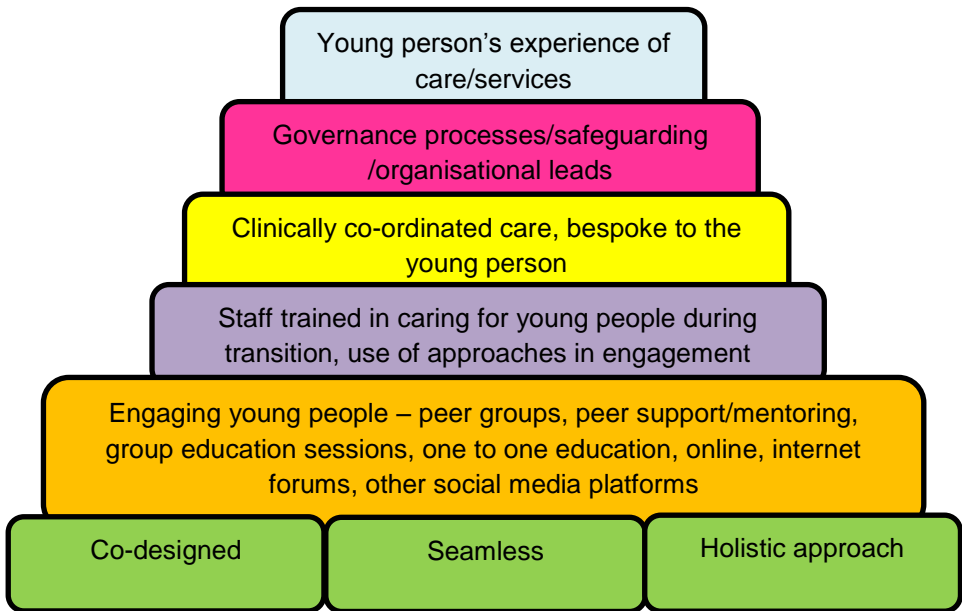
- allocating extra time for appointments for the young person with easy access, such as clinics held at schools (depends on clinical needs)
- asking the young person if they would like parents/carers present during appointments
- the environment of the clinic: age appropriate magazines, décor etc
- treatment choices for the young person
- the mental health and emotional well-being needs of young person
- engagement and involvement of primary care

*16-18 years may include up to the age of 25 years for young people with an education, health and care plan.

East Midlands best practice guidelines for transition from children's to adult services

These guidelines provide commissioners and service providers across the region with a local edition of nationally developed best practice guidance around the transition from children's to adult care. The document refers to young people between 13-25 years, with consideration given to their developmental ability.

The diagram below represents the building blocks required for successful transition:



Developed by the East Midlands Maternity and Children's Strategic Clinical Network Virtual Transition Group (in partnership between fourth year masters of nursing science students, University of Nottingham)

For more information visit: www.emsenatescn.nhs.uk/cross-cutting-themes/