



As a young person being seen within the Child and Adolescent Health Service you will eventually need to transfer care to an adult health service.

## What is transition?

Transition is the gradual process of planning, preparing and moving from a children's health care service to adult services with the aim being to help you become more independent and responsible for your own health care before you move. Depending on your medical needs, 'adult services' might mean an adult hospital, a specialist doctor or a family doctor (GP).

## When does transition start?

Transition starts from early adolescence and continues over several years to allow time for everyone to plan and adjust to a time when you will be responsible for your own care.

When you're younger you rely on your family/carers to look after you, but as you get older you can start doing this for yourself. By beginning the transition process early, you will develop the knowledge and skills necessary to manage your own health care as an adult.



## Stages of transition

There are 3 stages for an effective transition process but when they start will depend on each individual young person, their development and what else is going on in their life

### 1. Introductory / planning stage (12 – 14 years)



#### Working out what you need to know

- Introduction to the concept of transition.
- Get involved in your health care and learn.
- Important to start thinking about how you can start working towards being ready for transition.
- Ask questions about your condition, medications and treatment.



## 2. Preparation stage (14 – 16 years)

### Learning the skills you need to care for yourself

- Preparing ahead will ensure you have peace of mind.
- Complete the 'Transition Checklist for Young People' to find out where you're at with your transition.
- Talk with your parent/carer about becoming more independent.
- Start having time in appointments with your doctor/s without your parent/carer.
- Learn more about your condition and how it affects you.
- Learn healthy ways of coping with stress and anxiety.
- Start making your own decisions for your healthcare.



## 3. Transfer stage (16 – 18 years)

### Looking after yourself with confidence

- At this stage of transition, it is important that you are in control of your health care.
- Know your condition, your treatment and who to contact if you're unwell.
- Know about safe sex, drugs and alcohol, and how to look after your mental health.
- Find out what financial benefits you're entitled to.
- Find a GP you can trust.
- Find out if you can access the same medication and treatment in the adult health service.
- Have the contact details and information about your new adult health care service/s before you transfer.
- Explore opportunities to meet your new care team/s or visit the adult health service/s.
- Request a copy of your referral letters from your doctor/s.
- Make appointments and attend your first adult appointment.



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Produced by: CAHS Transition to Adult Services

Ref: 1090 © CAHS 2018 Revised 2022

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