

What is transition?

Transition is the process of planning, preparing and moving from a children's health care service to an adult healthcare service. The aim of transition is to help you become more independent and responsible for your own health care before you move to an adult healthcare service.

When you're younger, you rely on your family or 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.

This is also a time of change for your parent/carer as you become more independent. With the help of your health care teams, you and your parents/carers will be supported through the transition process over several years.



Stages of transition

There are three stages for an effective transition process; when they start will depend on you as an individual, your development and what else is going on in your life.

1. Introductory/planning stage (12-14 years)



Working out what you need to know

- Introduction to the concept of transition
- Establish your knowledge of your medical condition and how to manage it
- 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



Government of **Western Australia**
Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009
Telephone: (08) 6456 2222
Produced by Patient Flow Unit
Ref: 1090 © CAHS 2018



Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.
© State of Western Australia,
Child and Adolescent Health Service