



Useful tips for transition

The following tips may be useful in preparing you for your move from PCH to an adult health service:

TIPS	WHY
Start seeing your doctor and health professionals on your own	<ul style="list-style-type: none"> • More privacy • In the adult world clinicians will want to see you on your own
Take 5 minutes before your appointment to think about what you want/need and questions to ask – write them down	Helps you get what you want in the time that you have
Start talking with your health team at PCH about transition	You will know what happens when you leave
Learn more about your health condition and how it affects you	<ul style="list-style-type: none"> • This will help others understand you better • It will help you become more independent • It will free you to live your own life
Know what treatments you are on and how they interact with alcohol and drugs	<ul style="list-style-type: none"> • You will know how to look after yourself • To prevent you from getting into trouble • Staying in control of your life
Use your device to store your health information	<ul style="list-style-type: none"> • Your adult health team may ask for it • It will help your adult health team understand you better
Put the names and phone numbers of your health team and emergency services into your phone contacts	<ul style="list-style-type: none"> • You can contact them when you need to • Helps you stay organised and on top of things
Use your phone calendar to help organise your time	You don't forget important things like appointments and taking your medicine
Download apps that can be useful for you	<ul style="list-style-type: none"> • Easy access to support services • Helps you stay organised and on top of things
Start making your own appointments and organise any tests	Keeps you in control of your own life

TIPS	WHY
Find a supportive and trusting GP	<ul style="list-style-type: none"> the first person you contact when you're unwell your coordinator of care and referrer to other health services
Get to know your local pharmacy and when you need to get new medications/scripts	To keep you well
Know how to get to your appointment	You can be relaxed and in control on the day of your appointment
Know how to cancel or reschedule an appointment	<ul style="list-style-type: none"> Someone else can have the appointment if you can't make it You can reschedule to a time that's good for you



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