



Transition and transfer information for young people

What is transition?

Transition is the planned movement of a young person from child to adult healthcare services. Depending on your medical concerns, 'adult services' might mean an adult hospital, a specialist doctor who looks after adults outside a hospital or a general practitioner (GP). The team looking after you will begin talking to you about transition when you become a teenager. This will allow time for you to plan and prepare for adult healthcare services and learn everything you need to know about managing your health condition.

When will I transfer to adult healthcare services?

Transfer is the final act of moving from child to adult healthcare services. Transfer to adult services typically takes place between the ages of 16 and 18. The timing may vary depending on your readiness, your health condition and what you have going on in your life in general. You will play an active role in your transition and determining the best time for you to transfer to adult healthcare services. Your treating team and transition coordinator will be there to support you along the way.

Why transition and transfer?

Child and adult healthcare services are designed differently in order to take care of people during different phases of their life. The doctors, nurses and other staff in adult services are specially trained to look after you as you enter adulthood. The transition process will help prepare you for the differences between child and adult healthcare services.

What will I do during transition?

- Work with your treating team and transition coordinator to identify the best adult healthcare services and general practitioner for you.
- Begin to see your doctor on your own for part or all of your appointments.
- Learn about adult healthcare services and how to manage your condition on your own.
- Identify areas where you'd like to improve your healthcare skills and increase knowledge.

What is the difference between child and adult healthcare services?

Child

Questions may be directed at your parent/carer.

Your parent/carer will book appointments for you.

Your parent/carer may attend appointments with you.

Your parent/carer may fill out your paperwork, organise medications or pay for appointments.

Adult

You will be expected to understand your medical condition and questions will be directed towards you.

You will be expected to book your own appointments and keep track of your appointment times.

You will be treated as an independent adult and this includes deciding whether your parent/carer attends your appointments.

As an adult you will be responsible for completing your own paperwork, paying for appointments, filling prescriptions and understanding how to use your Medicare or private health insurance card.

Tips for preparing for adult appointments

- Set a reminder in your phone of the date and time of your appointments.
- Check your prescription for the number of repeats. If you are low on repeats ask your doctor for a repeat prescription.
- Keep a list of medications and the dosage amounts, vitamins, supplements and over the counter medications you are taking.
- Bring a list of questions or issues you want to discuss and don't be shy about speaking up about your health concerns. It is important that your doctor knows everything about your health and wellbeing and there is no such thing as a silly question.
- Bring your Medicare and private health insurance card (if you have one).

Additional resources

Livewire

livewire.org.au

Livewire is an online community designed just for young people living with a serious illness, chronic health condition or disability, and their families. It is a safe online space where members can connect and share experiences with others who understand what they are going through.

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Contact a qualified healthcare professional for any medical advice needed.

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This information can be made available in alternative formats for a person with a disability.