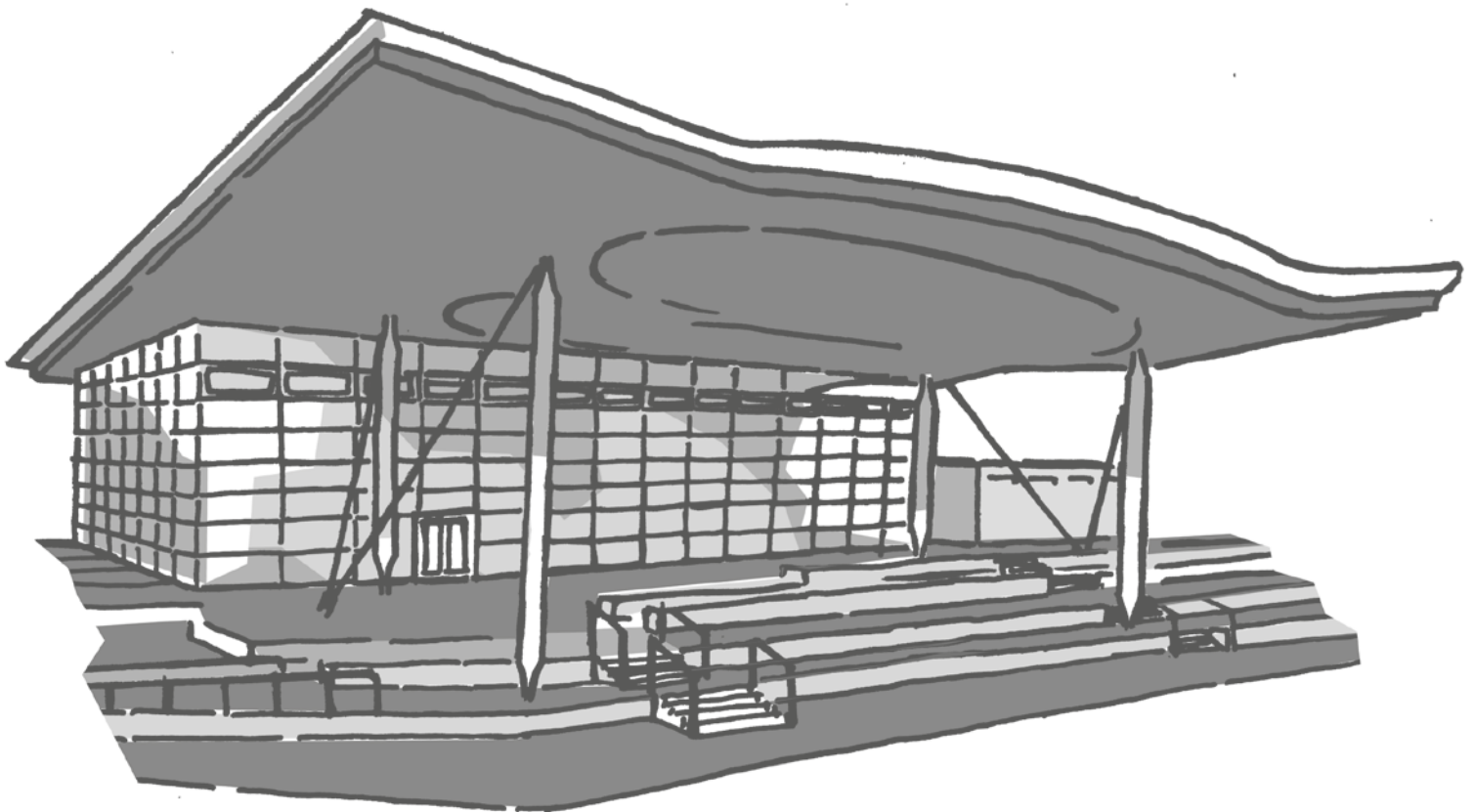




Llywodraeth Cymru  
Welsh Government

# Moving from Children's to adult healthcare services

This is an **Easy Read** document from the  
Welsh Government





## What is Transition and Handover?

### Issue

**Transition and Handover** is when a young person moves from children's to adult services.



We want to make sure Health Boards support you as you move to use adult services.

We know it can be difficult moving to a new team of specialists and services.

### What is this?

We have written Guidance for Health Boards to follow in Wales.

We need to make sure services work together to give the care you need.

We want to know what you think about it.

## **When will Transition and Handover start?**

Young people are all different, they all grow up in different ways.

The best time for you to move could be different to someone else.

We want Health Boards to start planning early.

We want Health Boards to support you to make sure this is done at the right time for you.

## **Transition and Handover lead**

We want Health Boards to have one person who will make sure young people get the support they need.

They will be the Transition and Handover lead.

Their job is to make sure all healthcare services in their area do the following things:

1. know about this guidance and follow it
2. support young people moving in to adult services
3. give young people information and involve them in decisions
4. give young people quality care and support with no gaps.

## The principles

We have developed these **principles** so young people get the best care and support available, wherever they are in Wales.

Healthcare services must be able to:

- Listen to young people.

- Focus on early and easy access to care and support.
- Work with other services.
- Give you all the information you need to make decisions.
- Give you feedback.

**Principles** are the standards that the Health Board must follow when working with you.

## How will it happen?



When you are ready, people will begin talking to you about what you want to do.

Planning the move to adult services might start when you are 13 or 14 years old.

Everyone in the list below should be involved:

- you
- your family
- your local doctor
- your healthcare team
- other services like social services and education services.



Your Health Boards should:

- meet your healthcare needs
- understand what you and your family want
- make sure child and adult services work together
- if you want to move to adult services earlier but can't, they must tell you the reasons why.

## Named worker



Your named worker will support and help you with the following to:

1. arrange your healthcare plans
2. have a say in decisions
3. move to adult services.



Your named worker could be:

- a nurse
- a health professional you know and trust
- your doctor
- a health **advocate**.



An **Advocate** is a person that can help you with your move and make sure you are listened to.



## The Transition plan



The named worker will help you to write a transition plan.

A **transition plan** will help you to tell other people things about you that you think are important.

The Transition plan will say:

- about you growing up
- about your health
- how you communicate
- about things that you like and things you do not like
- what help you may need to look after yourself.



Other people may come to your meeting to help you write it too.

Your transition plan will help to make changes go smoothly and will say what everyone who works with you will do.

## **Before your 16th birthday**

Your named worker must have a meeting with you to check:

- You've been involved and you know the next steps.
- Your needs are being met.
- That decisions about your care put you first.

Once the Plan is agreed, you get to keep it.

A copy is also kept on your medical records.

## **If your treatment starts at 16 or 17**

Children's services or adult services can look after you.

The doctor or professional is responsible for your care until the plan is in place.

They must make sure you have all the information you need to make decisions.

Everyone must work together to make sure you have the best support.

## **Completing the move to adult services**

Your named worker stays with you until your handover to adult services is complete.

They might go with you to your new medical team or visit new centres.

They make sure you and your family have all the information you need.

You will stay with children's services until the move is complete.

When the move is complete you and your doctor will be sent a letter. The letter will explain details about your move.

## **We want your view**

**Is this guidance clear?**

Yes  No  Don't know

Can you tell us why?

**Is there anything else we need to think about?**

Yes  No  Don't know

Can you tell us why?

**Please send your answers to:**

[ChildrensHealth@gov.wales](mailto:ChildrensHealth@gov.wales)  
Children's Health  
Welsh Government  
Cathays Park  
CF10 3NQ

**By: 20 April 2020**