This factsheet is for young people who are getting ready to leave the children’s hospital

In health care we use the word “transition” to describe the process of planning, preparing and moving from a children’s health care service to an adult health care service. Transition should be a gradual process and starting early will give you the time to prepare for your move.

Preparing for your move will:

- Give you a chance to think about what health care is needed for the future
- Help you develop the skills to manage your condition on your own
- Give you time to talk with your health care team about moving on
- Make sure you feel ready to make the move
- Strengthen your links with your GP and community
- Help you choose which adult services best suit your needs
- Reduce the stress and anxiety of leaving the children’s hospital
- Give you time to adjust to becoming more independent
- Give your family/carers time to step back and trust you to be in charge

When you were younger you relied on your family/carers to look after you, but as you get older you will have the opportunity to start doing this for yourself and learn more about your condition and discuss any health issues with your team on your own.

By beginning the transition process early you will develop the knowledge and skills necessary to manage your own health care as an adult.

For more information talk to your doctor and health care team.