What Young People Have Said About Adult Hospitals

Ask questions
They look different
They smell different
Not as colourful
They are bigger

Don’t let them make you feel like you’re not good enough -> you are the customer so ask if you don’t know what they say and assert yourself

Feels impersonal
Takes time to get to know everything

Can be very busy and rushed
You may see a junior doctor instead of a specialist

It’s easy to get lost
Everyone is new

They treat you like an adult
You may have to wait to be seen

Talk to Trapeze or your ACI Transition Coordinator about getting ready for the adult hospital

You are not “spoon fed”
Bring someone to your first appointment to support you

They expect you to know about your condition and medication

Let your GP know who is looking after you

Be ready to speak up for yourself
Don’t sign anything without reading

Have the clinic number in case you get lost
If you have a bad experience, don’t give up

Expect the unexpected

1 2 3 4 5 6 7 8 9 10