These stages of transition are a general guide and will depend on the individual young person and their development.

**Early Stage 12-14 years**
- Starting transition early ensures a smoother leap between paediatric and adult care
- Your health care team can start to see you on your own for part of your appointment
- Feel free to ask questions about your condition, medications and treatment

**Middle stage 14-16 years**
- Preparing ahead before you transition will ensure peace of mind for you
- Learn more about your condition and how it affects you
- Quiz yourself on the Young Person Checklist to find out where you’re at with your transition
- Develop a transition plan with your health care team and Trapeze
- Talk with your family/carers about becoming more independent
- Find out more about living with a chronic condition
- Get to know yourself better
- Learn healthy ways of coping with stress and anxiety
- Start making your own decisions for your healthcare
- Organise and plan health appointments on your own
- Apply for your own Medicare card
- Contact Trapeze if you would like to meet other young people with chronic conditions

**Late stage 16-18 years**
- At this stage of transition it is important that you are in control of your health care because this is your life
- Know your condition, your treatment, and what to do and who to contact if you are unwell
- Know about safe sex, drug and alcohol, and how to look after your mental health
- Get advice about education, work and relationships
- Speak to your school about how to apply for Special Consideration for exams
- Find out what financial benefits you are entitled to
- Find out if you can access the same medication and treatment in the adult hospital
- Find a GP you trust
- Think about your future plans and goals
- Make appointments and attend your first adult appointment
- Finalise your transition plan and store it in your device
- Quiz yourself on the Young Person Checklist to see if you’re ready to make the move

**Stages of Transition**