

Transition in Healthcare Checklist

Use this checklist to help you think about your transition, which is the move towards adult health services.

Your transition journey will be based on your needs, you might not need to think about all of the things on the list below. Choose the sections that are right for you.

Talk to your healthcare teams about your needs and wishes for the future, and to find out how they can support you with this.

Find out about the services you might need to move to and how they might be different.

Start transition planning early, talk to your health and social care teams about your transition

You can use this information to help you at any of your health, social care or education reviews, from the age of 13 onwards

Use the Links section at the end for to find out who can help and how to contact them

	What	When	Who and How: Find the links in the Glossary
?	Has a transition programme been introduced: • Ready Steady Go Hello • Together for Short Lives 'A Checklist for a Good Transition' • Other	Age 13 years	Ask any of your healthcare teams about transition programmes
?	Am I having regular reviews of my transition goals	At least annually from 13 years	Ask your Dr's, Nurses and Therapists about this
?	Are there any Transition Health Clinics available to me	Age 13 onwards	Ask your specialist healthcare team
?	If I have an Education Health Care (EHC) plan have my Transition Health Outcomes been discussed and recorded	Age 14 years onwards	Ask at your annual review. Talk to your school and health care team(s)
?	Does my GP have an overview of my Health Transition Plan	Age 13 onwards	Ask your health teams
?	Do I know about the Transition Nurses who work in hospitals and the community	From 11 years	Find out about Transition Nurses
	If I have a Learning Disability and/or Autism:		
?	Have I checked with my GP that I am registered on their Learning Disability Register	Before my 14 th birthday	If I have a learning disability. Ask your GP practice
?	Have I been invited for a learning disability Annual Health Check	From 14 years	Find out about annual health checks, these are for people who have a learning disability.
?	Do I know where to find information about a Hospital Passport	As a child, young person and adult	Find out about hospital passports
?	Do I have the contact details for the Learning Disability and or Autism Nurses/Advisors at the hospital	As a child young person and adult	Find out how to contact the nurse/advisor at your local and regional hospitals and how they can help

?	Do I need any reasonable adjustments so that I can use healthcare services more easily	As a child, young person and adult	Find out about reasonable adjustments
?	Do I know about the Local Offer - SEND Information Hub	For children and young people 0-25 years with Special Educational Needs and/or Disability (SEND) and those in alternative provisions and settings.	Find out about the Local Offer
?	Do I have a one page profile, about my care and support preferences, and interests to share with new carers or agencies	Between 16 and 19	Find out about one page profiles. Talk to your school/college, health and social care team(s)
	Equipment		
?	Who will provide my medical equipment when I'm an adult Will I need to buy any equipment myself? What help is available?	From 14 years	Ask your equipment provider or specialist healthcare teams about the plans for this when you are preparing to move into adult services
	Referrals to other services		
?	Have Children's Healthcare Services contacted Adult Healthcare Services, to discuss my transition	Usually between 14 and 17 and a half	This depends on the service. Ask your hospital consultant, specialist nurse when this might happen and if there will be a transition appointment.
?	Will there be an adult version of the children's service I use now	Usually move from children's services between 16 and 18 years	Ask your healthcare team

?	Do my parent/carers know where to find information about a carers assessment Do my parent/carers know and about the charities and agencies that can provide support to them?	As a child young/person or adult	Find out about a carers assessment. Find out about and local charities and agencies that can offer support
?	Adult Social Care - Do you need help with everyday tasks, support at home, or care after illness or injury: Do I know how to ask for an adult social care assessment Do I know about the Young Adults Team from social care	Between the ages of 16 and 18 years	Find out about a social care needs assessment
?	NHS Continuing Healthcare (NHS CHC) – for people with very complex medical needs and ongoing care requirements: If I am already receiving Children's Continuing Care, have I had a Continuing Health Care Assessment to check if I can have continuing healthcare support as an adult? If I don't have children's continuing healthcare support now but my needs have changed, do I need a Continuing Care Assessment	Referral at 16, Assessment before my 18th Birthday Referral before 18th birthday	Find out about how Continuing Care is different to Children's Continuing Healthcare Find out about Continuing Healthcare
	Finances		
?	Do I know where to find information about changes to finance and funding for my care as I get older	From 15 years	Find out about changes to benefits Tak to your social worker
?	Do I need to pay for my prescriptions when I'm an adult	From 18	Check if you can get free prescriptions from the NHS

	Changes		
?	Do I know how the healthcare services will change when I'm an adult	From 16 years	Find out about changes to healthcare as an adult
?	Do I know about 'Ask 3 Questions'	From 11 years	Find out about 'Ask 3 Questions'
?	Will I be able to make my own decisions about my healthcare Do I know about the Mental Capacity Act and does this apply to me	The Mental Capacity Act (MCA) applies at age 16	Find out about mental capacity, decision making and consent

Links:

Advocacy: Advocacy will help you to get your voice heard. Advocacy allows you to have your views, wishes and feelings heard when important decisions are being made that will affect your life and support. They are independent and do not work for your carers or children's services - they are there only for you. An advocate won't make decisions for you, offer legal advice, give their opinion or tell you what to do.

<https://www.nyas.net/get-support/support-for-young-people/advocacy/>

Annual Health Check: Anyone aged 14 or over who is on their doctor's learning disability register can have a free annual health check once a year. An annual health check can help you stay well by talking to a doctor or nurse about your health and finding any problems early, so they can be sorted out.

<https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/>

Ask 3 Questions

You can use the ask 3 questions model to help with shared decision making

<https://www.readysteadygo.net/shared-decision-making--ask-three-questions.html>

Carers Assessment: If you care for someone, you can have an assessment to see what might make your life easier. It is free and anyone over the age of 18 can ask for one.

Find out more here: [Carer's assessments - Social care and support guide - NHS \(www.nhs.uk\)](https://www.nhs.uk/carers-assessments-social-care-support-guide)

Continuing Health Care: NHS Continuing Healthcare (CHC) means a package of ongoing care that is arranged and funded solely by the National Health Service (NHS). You may be able to receive this type of care if you have high levels of need because of a disability, accident or illness.

Anyone over 18 years old registered with a GP in Cambridgeshire and Peterborough may be eligible for NHS Continuing Healthcare (CHC) funded support if they have ongoing complex healthcare needs and a Primary Health Need is established through assessment.

<https://www.cpics.org.uk/nhs-continuing-healthcare/>

Education Health Care (EHC) plan: an education, health and care plan are for children and young people aged up to 25 who need more support than is available through special educational needs support. EHC plans identify educational, health and social needs and set out the additional support to meet those needs.

Hospital Passport: A hospital passport tells the hospital about your healthcare, your learning disability, how you like to communicate and how to make things easier for you. It helps you get the care and treatment you need in an easier to understand way.

Find out more from with your local hospital's Learning Disability Nurse Advisors, special needs school nurse or 'Local Offer' pages.

<https://www.mencap.org.uk/advice-and-support/health-coronavirus/health-guides>

Learning Disability Nurse/Advisor: The Learning Disability Nurse understands the needs of people who have a learning disability and/or autism, and also understands how hospitals work. Nurses/Advisors can work with the hospital to help you get the care, treatment, tests you need.

Contact details can be found here <https://www.pinpoint-cambs.org.uk/wp-content/uploads/2020/12/Learning-Disability-Nurses-in-Cambs.pdf>

Learning Disability Register: The GP Learning Disability Register is a list of people registered at that GP Practice who have a learning disability. The register tells the GP they have a learning disability, so they can put the right support in place for that person and invite them to the check-ups they are entitled too. Being on the register helps people with a learning disability to get extra support from their GP and other health services.

Learning Disability Partnership: The learning disability partnership can provide support with health, if you have a learning disability diagnosis. They can also provide social care support if you have a higher level of need.

Find out more here

[Learning disabilities | Cambridgeshire County Council](#)

Local Offer

The Local Offer describes the levels of provision from the Local Authority, Health, Social Care, Early Years Settings, Education, Training and Employment and the Voluntary and Community Sector. It describes what can be expected, how it is accessed.

It provides clear, comprehensive, and accessible information about the support and opportunities that are available locally.

Your needs may range from mild to severe and complex, very short term to life long. In most cases, an individual's needs can be met by universal provision or Ordinarily Available Provision (available to all), but in certain cases targeted or specialist provision is required.

Cambridgeshire Local Offer

<https://info.cambridgeshire.gov.uk/kb5/cambridgeshire/directory/advice.page?id=bPe2xezmLJc>

Peterborough Local Offer

<https://fis.peterborough.gov.uk/kb5/peterborough/directory/localoffer.page?familychannel=8>

Mental Capacity: Mental capacity is the ability to make an informed decision based on understanding a situation, the options available, and the consequences of the decision.

The Mental Capacity Act (MCA) is designed to protect and empower people who may lack the mental capacity to make their own decisions about their care and treatment. It applies to people aged 16 and over.

Mental Capacity Act - Social care and support guide - NHS (www.nhs.uk)

One Page Profile: A one page profile helps people to find out a person. It should tell others about you as the person, what's important to you and how to support you well. Profiles can be used in hospices, hospitals, schools, day and residential care, health and social care teams and organisations.

Prescriptions: Check to see if you can get help with the cost of prescriptions. Some groups are automatically entitled to free NHS prescriptions. Others can apply for certificates that entitle them to free NHS prescriptions.

<https://www.nhsbsa.nhs.uk/help-nhs-prescription-costs/free-nhs-prescriptions>

<https://check-for-help-paying-nhs-costs.nhsbsa.nhs.uk/start>

Reasonable Adjustments: The NHS must make it as easy for disabled people to use health services as it is for people who are not disabled. This is called making reasonable adjustments. The reasonable adjustments you need should be written down in a health profile or health action plan that the doctor or nurse can use. Ask your healthcare provider if you need any reasonable adjustments, such as:

- using pictures, large print, or simpler words to say what's happening
- booking longer appointments or having a carer with you
- putting an appointment at the beginning or end of the day, if you find it hard to be in a busy waiting room

<https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/health/appointment-top-tips/>

Social Care Assessment: A social care needs assessment is offered by your local authority. It looks at your strengths and identifies what support you may need. An assessment will help to decide if you are able to get support. This local authority will make an assessment to see if your needs come from or are related to a physical or mental impairment or illness, how much this impacts on your ability to achieve independence and how it is impacting your wellbeing.

Getting a care needs assessment:

Social care and support guide - NHS (www.nhs.uk)

<https://www.nhs.uk/conditions/social-care-and-support-guide/help-from-social-services-and-charities/getting-a-needs-assessment/>

Transition Health Clinic: A joint clinic between children's and adult health teams. These clinics give you the chance to meet the new adult team and for them to start to get to know you. These clinics may be different for each speciality, but good practice is for them to start at around age 14 years and continue until you transition fully to adult services, between the ages of 16 and 18.

Transition: In healthcare, we use the word "transition" to describe the process of preparing, planning and moving from children's to adult services. Transition is a gradual process that gives you, and everyone involved in your care, time to get you ready to move to adult services and discuss what healthcare needs you will require as an adult.

Transition Programme: Transition programmes are aimed at children and young people aged 11 years and over who have a long-term health condition and are likely to require ongoing support from adult services throughout their lifetime. It helps young people, and their families prepare, plan and move from children's to adult services.

TIER Network - TIER Homepage <https://www.readysteadygo.net>

A checklist to a good transition - Together for Short Lives

<https://www.togetherforshortlives.org.uk/get-support/information-about-your-childs-care/transition-to-adult-care/a-checklist-to-a-good-transition/>

Transition Nurses

Transition nurses work with anyone aged between 11 and 25 years of age with a long-term (sometimes called chronic) health condition. You can be referred to the service by your consultant, one of the nurses on the ward or in outpatients.

Transition Nurses work locally at Peterborough and Hinchbrook Hospitals

<https://www.nwangliaft.nhs.uk/healthcare-transition-service/>

The Queen Elizabeth Hospital King's Lynn NHS Foundation <https://www.gehkl.nhs.uk/>

East of England Community Health and Care NHS Trust

<https://www.cambspborochildrenshealthnhs.uk/services/cambridgeshire-childrens-community-specialist-nursing-service/transition-in-healthcare/>

Young Adults Team: The Young Adults Team in your local Council supports young adults with an EHCP who have a diagnosed learning disability from 18 up to the age of 25 to move into adulthood, to make choices and be as independent as possible.

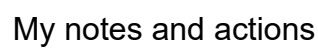
Peterborough:

<https://fis.peterborough.gov.uk/kb5/peterborough/directory/localoffer.page?familychannel=8-11>

Cambridgeshire: <https://www.cambridgeshire.gov.uk/council/jobs-and-careers/careers-in-adult-social-care/our-teams-adults>

You can find out more about the changes from children's to adult services here:

[Transition in healthcare \(cambspborochildrenshealthnhs.uk\)](https://www.cambspborochildrenshealthnhs.uk/transition-in-healthcare)

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

.....

.....

.....

.....

.....

.....