

TRANSITION STAGES TO THE ADULT HEALTHCARE SYSTEM

Transfer stage (16-18 years) Checklist

At this stage of transition, you may start to feel confident about managing your healthcare on your own and take over the practical aspects of managing your health, where appropriate. Your parents or guardians will still support you as you need them.

Tick ✓ as you complete

Planning for transfer

visit [Planning for transfer](#) for information

Explore opportunities to connect with other young people transitioning to adult healthcare.
Stay connected to friends, family, and community organisations.

Find out when you are leaving children's services and where you will be moving to, if relevant

Find out if referrals have been sent to any relevant specialist services or primary care teams

Explore opportunities to meet the health professionals you will see as an adult before you leave children's services

Request a copy of any letters or reports that your children's services send about you to new adult services and/or your GP

Find out if a copy of your medical records will be sent to your new service(s) and/or your GP. You can request a copy of your full medical history

If you are awaiting surgery and require intervention after it, ask your children's health service if all the necessary referrals have been made

Talk to your health professionals about how to handle any urgent healthcare needs you have between the time you are discharged from children's services and before your first appointment with an adult service

If you or your parents think you may require assistance to make decisions, it might be helpful to talk to health professionals and others who support you about decision support arrangements

My cerebral palsy and health

visit [My cerebral palsy and health](#) for information

Be able to share information with health professionals about your cerebral palsy, including your history of receiving therapy, surgery or other services

Create a list of community services, supports and trusted online resources that can help you manage your physical and mental health

Tick ✓ as you complete

Speaking up for myself

visit [Speaking up for myself](#) for information

Discuss with your health professional what you should do if you have health concerns or questions after you are discharged from children's services

Talk with your parents/guardians and your health professionals about options for how your parents can participate in your healthcare when you are an adult

Know your rights and understand what financial benefits you may be entitled to, such as disability allowance, medical card, and travel card

Managing my healthcare

visit [Managing my healthcare](#) for information

Find out if you have to make an appointment with a new service(s) and when you should do this

Find out if there is a plan for your children's healthcare team to handover to your GP and if your GP has your relevant medical history

