

TRANSITIONS

Healthcare for adults with cerebral palsy

TRANSITION STAGES TO THE ADULT HEALTHCARE SYSTEM

Introduction stage (12-14 years) Checklist

This stage is about working out what you need to know before you leave children's services

Tick ✓ as you complete

Planning for transfer

visit [Transfer and transition](#) and [Planning for transfer](#) for information

- Find out what the terms transition and transfer mean
- Start to learn about privacy, confidentiality and consent such as who can access your health information

My cerebral palsy and health

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

- Explore how much you know and understand about your cerebral palsy
- Start thinking about how you look after your physical and mental health. Start trying new ways to look after your health that might help you in the future.

Speaking up for myself

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

- Talk to your parents/guardians about how you might take responsibility for your healthcare as you get older
- Start answering or asking questions during appointments with health professionals. If you're unclear about anything ask them to explain or give you more information
- Parents/Guardians:** Give your child opportunities to ask and answer questions in appointments and in other situations not related to healthcare

Managing my healthcare

visit [Managing my healthcare](#) for information

- Learn the names of doctors and other health professionals you see and the reasons you see them
- Start to develop a relationship with your GP

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