









## DIFFERENCES BETWEEN CHILD AND ADULT HEALTH SERVICES

	CHILDREN'S HEALTH SERVICES (Where you are now)	ADULT HEALTH SERVICES (Where you will be)	SOME TIPS
Where you go for appointments	<p>You probably know your way around children's health services.</p> <p>You will mainly have other children and young people around you.</p>	<p>Adult health services will be new to you and it will take time to find your way around. With time, you'll become more used to them.</p> <p>You may find there are people of different ages, often older than you, in the waiting rooms and clinics.</p>	<p>Try to visit and get to know your new adult health service before you leave children's services if you can.</p> 
How long the appointments are	<p>Appointments may be longer.</p> <p>You may spend more time with the health professional at your appointment.</p>	<p>Appointments may be shorter.</p> <p>You may spend less time with the health professional at your appointment.</p>	<p>Ask your adult health professionals or GP if you can make a longer appointment if necessary when you first go to adult services.</p> 
How often you have appointments	<p>You may have regular appointments with health professionals.</p>	<p>You may not get regular appointments with health professionals.</p>	<p>If you notice any changes in your condition or any problems such as pain between appointments, you should seek advice from your health professional or GP</p> 
How you see different health professionals	<p>Often, the different health professionals you see are in the one place.</p> <p>You may see a number of health professionals at one appointment.</p>	<p>In adult health services, your health professionals may be in different locations.</p> <p>You may see one health professional at an appointment and not a team of health professionals.</p> <p>You may be referred to health professionals in different services or hospitals.</p> <p>It may take more effort to coordinate the different services you need.</p>	<p>Find out what health professionals you might be able to see as an adult with help from your parents and health professionals. Get their help to link you up with new services.</p> 





# TRANSITIONS

## Healthcare for adults with cerebral palsy

	CHILDREN'S HEALTH SERVICES (Where you are now)	ADULT HEALTH SERVICES (Where you will be)	SOME TIPS
Who knows your health information	Information about your health and medical records are shared with your parents.	Often, information about your health and medical records are private and cannot be shared with other people unless you say it's okay. Sometimes professionals will share this information with your parent.	Tell your parents or family members as much as you want to about your health and health services. 
How decisions are made	Parents are involved in making decisions about your healthcare with you and your health professionals.	You are the focus of your healthcare and can legally make your own decisions about your healthcare.  If you need support to make decisions, your health professionals will talk with you and your parents about the support available.	Try to speak up about what you want and give your opinion about your healthcare when you are still in children's health services.  You don't have to make decisions alone as an adult. Parents, family, friends, and others can still help you if you want them to. 
Recording your medical history	Your parents may keep a record of your medical history with or without your support.	You keep a record of your medical history with or without support from your parents or others.	Consider making a summary about your cerebral palsy and medical history with support from your parents and health professionals. 
What health professionals you see	You may be used to seeing a paediatrician (a children's doctor) or health professionals who you know and trust at each visit.  Your paediatrician and health professionals probably know you and know about your cerebral palsy.	You may have to see new health professionals that you do not know yet. You may not see the same doctors or health professionals at each visit and you may have to repeat your medical history to new health professionals.  Adult health professionals may not be experts in cerebral palsy or disability. You may have to explain how cerebral palsy affects you.	Be open and honest and tell your new professionals everything.  You are an expert on your health, so the more information you give them the better they can meet your needs.  Bring a summary of your cerebral palsy and medical history to appointments to help you tell professionals about you. 

# TRANSITIONS

## Healthcare for adults with cerebral palsy

	CHILDREN'S HEALTH SERVICES (Where you are now)	ADULT HEALTH SERVICES (Where you will be)	SOME TIPS
What language is used	Health professionals often give information and use language that you can understand. Your parents may help you if you don't understand information.	Health professionals may use more medical terms than you were used to in children's services. Health professionals may give more in-depth information than before.	Try to learn the proper terms to describe your cerebral palsy, for example the type of cerebral palsy you have, so you feel more confident talking about your cerebral palsy with new health professionals. 
How you communicate with health professionals	Health professionals may direct questions to your parents rather than you. Your parents may answer questions and explain your cerebral palsy and medical history on your behalf.	Doctors and other health professionals should talk directly to you and not your parents. You will talk to health professionals about your health and goals and ask or answer questions.	Write down your questions before your appointment. Ask your parents and health professionals if you can practise asking and answering questions when you're still in children's health services. When you are attending appointments in adult health services, you may want to bring someone to support you and help you give your views. 
Having your parent with you	Your parents are usually with you for your appointments.	You will usually go to appointments by yourself.	Talk to your parents about the role you want them to take in appointments before you leave children's health services. 
Organising appointments	Appointment letters are usually sent to your parents. Your parents may schedule your appointments.	Appointment letters will be sent to you. You will make your own appointments and be responsible for cancelling or rescheduling them if you need to.	If able, practice making your own appointments in children's health services. If you have a phone, set a reminder to go to your appointment. Know your main health professionals and their role in your care. 

# TRANSITIONS

Healthcare for adults with cerebral palsy

	CHILDREN'S HEALTH SERVICES (Where you are now)	ADULT HEALTH SERVICES (Where you will be)	SOME TIPS
Going to appointments	If you miss an appointment your healthcare team might follow up with you.	Adult teams usually do not follow you up if you miss an appointment. You should contact health professionals to discuss any health concerns that you have.	Be organised and try to make sure that you can attend your appointments. If you cancel an appointment, reschedule as soon as possible because it may take a while to get another appointment. 
Using your medications	Your parents may organise your medications and order your prescriptions. Your parents may remind you to take your medication.	You will likely need to organise your own medications and know when you need to order new prescriptions. You will have to remember to take your medication.	Try to learn more about what your medications are for and how you order them when you're still in children's health services. Keep a photo of your medication in your phone if you have one, or in a notebook. If you have a phone, set a reminder to take your medication and to order new medication. 
Going to your GP	You may not need to see your GP very often or you may not have one, as you may be used to seeing a paediatrician and/or your individual health professionals.	In adulthood, you may see your GP more often. Your GP may manage aspects of your healthcare, co-ordinate your healthcare and refer you to other health professionals and specialists.	Try to develop a relationship with and see your GP regularly before you leave children's health services. Find out if there is a plan for children's services to send a discharge letter to your GP and if your GP has your relevant medical history. 

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