

## 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 [transition and transfer](#) for more 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 disability and health

visit [My health and function](#) for information

Explore how much you know and understand about your disability

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 [The new health service](#) 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

