

## TRANSITION STAGES TO THE ADULT HEALTHCARE SYSTEM

### Preparation stage (14-16 years) Checklist

This stage is about learning the skills you need to look after your healthcare. During this stage, responsibility for your healthcare slowly shifts from your parents/guardians to you. Your parents or guardians will still support you as you need them.

Tick ✓ as you complete

#### Planning for transfer

visit [Transition and transfer](#)  for information

Explore how you can take part in planning for the transfer to adults' services with your parents/guardians and your health professionals

**Parents/Guardians:** Encourage your child to attend and participate in all meetings with you, where their future plans are discussed

Talk to your parents/guardians and health professionals about how adult health services might be different to children's health services

Talk to your parents and health professionals about changes that will happen to confidentiality and consent when you turn 18. Discuss how these changes will affect you and your parents

Get information about any services you may be eligible to attend as an adult and how you can access them

Talk to your health professionals about how you get referred to different health professionals as an adult

#### My disability and health

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

Ask about your disability, therapies you receive (like physiotherapy, occupational therapy, speech and language therapy), medications you've used or are using, surgeries you've had, and equipment or assistive technology you use or have tried in the past

Learn more about how your disability affects you and how it might change as you get older

Learn more about how you can look after your physical and mental health as you get older

Tick ✓ as you complete

## Speaking up for myself

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

Practise telling health professionals about your cerebral palsy and what you currently want help with

Think about how much you would like your parents/guardians to be involved in your healthcare and talk to them about the possibility of becoming more independent. You can change your mind about this over time

Start having time in appointments with your health professionals without your parent or guardian

**Parents/Guardians:** Offer your child the opportunity to have time on their own in appointments with their health professionals

**Parents/Guardians:** Involve your child in making decisions wherever possible

## Managing my healthcare

visit [The new health service](#) for information

Start making appointments with health professionals such as your GP or physiotherapist on your own

**Parents/Guardians:** Involve your child in scheduling appointments with health professionals such as their GP or physiotherapist

Learn about the equipment you need and what it's used for

