

the children's hospital at Westmead

## Transition ...

### Its all about growing up and moving on

In health care we use the word "transition" to describe the process of planning, preparing and moving from a children's health care service to an adult based facility.

Transition should be a gradual process.

It gives everyone a chance to think about what health care you will need as an adult, choose which adult service will best suit your needs, and make sure you feel ready to make the move.

To help you (and Mum or Dad) meet the challenges of becoming young adults, we have developed a transition information kit.

This kit will help ensure that that you will be ready to "graduate" to the adult health care system, with the information and skills needed to make informed decisions regarding your own health. For those who will always need continued support, it will help with planning for services that will be required.

When you were younger we relied on Mum and Dad for lots of information, but as you get older you will have the opportunity to see the team members alone to learn more about your condition and discuss any health issues. It's an opportunity to find out about resources that may be helpful, and get tips about the adult health care system.

This is also a time for you to begin to learn about how you can take more responsibility for your health care needs.

By beginning the transition process early we aim to help you develop the knowledge and skills necessary to manage your own health care as an adult.

**For more information talk to your doctor and health care team.**



**CHILD  
ADULT  
HEALTH  
SERVICES**