



*Dear NHS...*

## **Transition from children's to adult services**

In healthcare, we use the word transition to describe the process of preparing, planning and moving from children's to adult services. Moving away from one team to another can be scary and it doesn't always go smoothly.

We believe everyone working with young people who are going through this journey must recognise the need for a planned and supported transition process for young people as they move from child centred to adult services and lifestyles.

The NHS Youth Forum have come up with questions that they think are important for everyone to ask, and keep asking, healthcare professionals and decision makers about what they are doing to improve transition for young people.



@NHSYouthForum



NHSEnglandYF

## Questions to ask:

- Transition is really important for young people as they move from children's to adult services – how are you helping to make transition as smooth as possible?
- There's a lot of guidance out there about transition from The National Institute for Health and Care Excellence (NICE), Care Quality Commission (CQC) and NHS England. How do you ensure that you are following the good practice guidance?
- Young people's views are really important and we have got ideas – how do you get ideas/input from young people about transition?
- How do you make sure that issues can be addressed when transition isn't going smoothly?
- If someone turns 18 whilst on a waiting list for assessment/treatment, how do you ensure they don't wait twice?
- Young people tell us they want flexibility in transition services, for example some are ready to move on at 16; others not until age 19. How do you achieve that?
- Have you heard of the Ready, Steady, Go, Hello programme? It provides a framework to help transition and it is free for all to use, check out Southampton Children's Hospital Website!
- There are some great examples of good practice in volunteering/peer mentoring within transition, for example in Derby and Nottingham. Have you considered this?
- Importantly how are you making sure adult services welcome and retain young people once they've transitioned from Children's services?



#DearNHS