



Transition: A Starting Point

Making every day count.

What Is Transition?

- Transition is the change from accessing children's services to adult services.
- Usually the 'Transition Phase' starts at around 14 years old although this can be as young as 12, and may not start until later in many cases.
- The actual 'transition point' varies from service to service but is often 16 or 18 years old within health services.
- There are three main phases;
 - Preparing for adulthood
 - Moving On
 - Settling Into Adult Services

What can we expect?

At Havens Hospices

- Our service now runs until 25 years old
- Currently, overnight respite ends at 19 years.
- All other aspects can continue.
- Transition Lead Nurse
- Adult services (Wellbeing is a joint adult and child service).

Outside of Havens Hospices

- Acute Health Service
- Community Services
- Education
- Social Care
- Legal Changes (Mental Capacity, consent, arrangements)
- Emotional/Social Changes (being a parent of an adult)
- Education
- Finance

What can we do to prepare?

- Knowledge is key
- Preparation is vital
- Choose your timing (when you can)
- GP involvement
- What happens about..... (keeping a log)
- Paperwork, documentation, forms.....
- Talking about concerns, problems, solutions

Ask 3 Questions

There may be choices to make about your healthcare.

Make sure you get the answers to these three questions:*

What are my choices?

How do I get **support** to help me make a decision that is **right for me**?

What is **good** and **bad** about each choice?



How can we help?

- Referral to adult hospice from Little Havens
- Referral to another care provider
- Support for appointments
- Advocacy, advice and support
- Signposting
- Practical help: form filling, applications, decision making
- Transition Workshops
- Social Events
- Familiar service until 25....

Future support and services

- This pilot includes four sessions across 2022. The next sessions are May, July and September.
- We would like to create a 'Transition Area' on the website with dedicated resources, signposting and advice
- We are interested to hear what support you would like from us:
 - Online support?
 - Resources?
 - Social Events?
 - Support with appointments?
 - Young Person User Experience Group?
 - Something we haven't thought of.....



Thank you

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