

Transition is not a single event, or even a series of single events. It is a gradual process of supporting you and your family through teenage years and into adulthood. The process should begin at age 14 (which coincides with your Year 9 Annual Review at school) and each of the dates here are approximate or a guideline.

This timeline should act as a guide to help you understand what to expect at each age. The point at which you actually enter into adult services is likely to vary according to your age, your medical condition, where you live and also your personal preferences. It may also vary from service to service.

Lauren Summers is the Transition Lead Nurse at Little Havens. Her role is to support you and your family throughout your transition until you turn 25 years old. You can contact Lauren by emailing lsummers@havenshospices.org.uk

Links to helpful resources:

- [How the NHS works for young people leaflet](#)
- [How the NHS works for parents and carers of young people](#)
- [Youth rights in Healthcare](#)
- [Transition for young people with a learning disability](#)
- [Citizens Advice](#)
- [Applying for PIP](#)
- [Motability](#)
- [Beacon CHC funding advice](#)
- [Puberty for disabled teens](#)
- [Direct payments](#)
- [National Youth Advocacy](#)
- [When to use NHS 111](#)
- [Support for young people to manage their mental health](#)
- [Essential support on a variety of topics for under 25s](#)
- [Lasting Power of Attorney](#)
- [Court of Protection](#)
- [Mental Capacity Act](#)
- [Drugs, alcohol and smoking advice](#)
- [NHS Sexual Health Services](#)

It is a good idea to start thinking about each of the services you receive (from supply deliveries to care and everything in between) and consider; will this stop or change when I become an adult? Will a new service replace this one, if so, when?

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Health

- All health information should be provided in developmentally appropriate ways for you, the young person
- The young person should directly receive copies of all letters

Legal

- You will receive your invitation ready to apply for PIP at 16

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Health

- Here you enter the 'Transition' Phase
- Professionals should start introducing Transition, discussing at all key meetings and reviews
- Transition Plan can start to be created
- *Consider involving your GP in Transition plans even if you have not had much involvement with them before now*

Social

- Enter the Transition Phase
- Remain within Children's Social Care Services

Legal

- Legally remain a child until 18th birthday

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Health

- The young person should have the opportunity to be seen without their parents for a portion of consultations (if appropriate)
- If you have a learning disability a 'Health Passport' may be helpful when entering new services
- You can collect your own pharmacy prescriptions from aged 16

Social

- Depending on where you live you may transfer to the Social Worker Transition Team

Legal

- Child Benefit stops, except in specific circumstances, and DLA ends
- It's now time to apply for PIP
- There are various choices available to you after 16 in terms of your education, such as full time education in a school or college, work-based learning or part-time training
- From 16 people who have a learning disability or autism and lack the relevant capacity may be affected by Liberty Protection Safeguards, and should be made aware of this

You can be thinking about financial planning, your plans and aspirations for education, employment, independent living etc. You can start telling people about these plans, as they can consider these and incorporate them during review meetings.

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Health

- You should start building relationships with your GP and actively involved them in your care
- It's important to discuss your route into Urgent Care and inpatient care within adult hospital services
- Review Advanced Care Planning or begin Advanced Care Planning
- Begin applying for Continuing Healthcare Funding or Continuing Care

Legal

- Begin planning for applications for Power of Attorney OR Court of Protection

Some grants and wish granting organisations are not available after the age of 18. It may be worth ensuring you apply for these prior to turning 18.

Health

- You will now be entering adult services
- You may be able to request a tour of your local adult A&E department, or an adult ward to see what these look like.

Social

- You will enter adult social care, and may be offered a 'Needs Assessment'. You can request an assessment if not automatically offered
- Parents can request a 'Carers Assessment' from adult social care, where appropriate

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Legal

- You will legally become an adult, regardless of your mental capacity you will be considered a legal adult
- If appropriate now you should apply for Power of Attorney or Court of Protection

Some new grants and wish granting organisations may become available to you at 18 that were not available before, it may be worth exploring this.

Settling into adulthood

You are likely to transition at different ages for different services. Most of your health transition is likely to have occurred by age 18, but you may remain in education or some health services until you are 25, especially if you have a learning disability.

Your transition continues once you have entered adult services. It includes a period of 'settling in'. It may take up to a year to feel like you have settled into adult services. For example, you may not have a hospital admission for some time after transitioning to adult service, but your first admission to an adult ward will form part of your transition.

Even once you have moved across to all adult services, many services will keep a line of communication open for up to six months after moving to adult services. Settling into adulthood can take a long time. It is important to continue speaking to the people around you about how you feel and the issues that affect you.



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Health

- All young people should be fully transitioned to adult services by their 19th birthday except in exceptional circumstances

Social

- Considering current and future plans for respite and care throughout adulthood

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Health and Social

- You should now be settling into adult services
- Your needs will continue to change over time, your package of care may need to change with this. You will need to continue to work with professionals to ensure you receive the best care available to you

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Health and Social

- The Little Havens service finishes, and you will be discharged from our service. We know this may be a difficult time and we will be there to support you through this