

Transition to Adult

Physiotherapy and Occupational Therapy Services

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Preparing for Transition

- In general, CYP with long term health diagnosis remain under paediatric service until 18 years, 19 if they attend a special needs school
- Annual review meetings- ensure that physio and OT are invited to these meetings, particularly when starting discussions around transition. Community therapist can support by writing a report with recommendations for appropriate support/access requirements for the new placement
- If transition is not discussed by therapist in your review appointments, go prepared to ask questions or express concerns or what support you need
- Visit potential new settings early on, involve community OT and specialist teacher in access visits
- Part of the planning should ensure that the young person and the families know who to contact for different services, e.g.. GP, Wheelchair service, Orthotics
- YP, families and carers are happy and confident with self management programmes.

Equipment

- If a young person has a piece of equipment used for education (e.g.. specialist chair or standing frame) this will only go with them to their new placement if it is an educational establishment as this equipment will have been purchased by education. If they have equipment funded by health (e.g.. a walker) this is theirs to own and will go with them anywhere.
- Education will normally arrange transfer to new setting. If necessary, Physiotherapist/OT can co-ordinate collection of education and health funded equipment.

Handover to adult services/ new care setting

- EPUT- LCDC Physio/OT will visit the young person in their new placement in the September and provide training/support to staff on postural management, use of equipment, hand over exercise programme etc. They can remain involved up to the end of their first term in adult placement. They are then discharged in the January from Paediatric Services.
- PROVIDE- Do not go into new setting, if the YP has a learning disabilities diagnosis and have ongoing therapy needs, they refer to the adults with LD team, arrange for them to come in and meet the child whilst still in school and aim to do a joint session as a handover. If there is no LD diagnosis but there are physical needs, a referral will be made to the adult community Physiotherapy team.
- If there is no indication for imminent physio/OT , families should ask GP to refer to adult community neuro.

Transition Plan/Discharge Report

On discharge a report should be provided that highlights how to access further physio/OT/services: e.g.

- Orthotics
- Wheelchair services
- DGT
- Social Care OT service Southend/Essex
- Southend/Essex council for home adaptations

Essex Learning Disabilities Team

- <https://www.eput.nhs.uk/services/eput-learning-disability-service/#contact-deta>
- Criteria: age of 17 and ½ who are transitioning into adult services and have a health-related need that cannot be met through mainstream services.
- Must have a confirmed diagnosis of a learning disability (not difficulty) and we would need to be provided clinical evidence of this.
- Not commissioned as a diagnostic service.
- Anyone can refer in including the service user themselves, the referral form is available on website. Our referrals team is called “The way in”
- <https://www.eput.nhs.uk/wp-content/uploads/2025/05/eldp-leaflet.pdf>

Adult Community Services

- Referrals via chose and book from GPs, ANPs,
- Also accept email referrals from AHPS, care coordinators, CNS, social services etc.
- Example criteria from MSE: To provide physiotherapy assessment, and advice on management of acute and long-term conditions.
- Work on providing advice, provide block of care for a specific goal/need.

Adult Social Care

- In Social Care cases are kept open whilst there is ongoing intervention. If a case is stable and needs met, the case is closed and a new referral is requested if new needs arise.
- Within Adult Social care cases are not handed over as such. If a case is open through transition age, the case is complete before closing and as part of the closure advice is given on how family's can then seek support in the future from Adult Social Care, or CHC if appropriate.
- The team hold cases 0-25. When a young person is 18, cases would only be accepted for assessment from the service if they are open to a Social Worker within the Young People & Disabilities Team and if the young person were in full time education.
- If a young person is 18 and in receipt of full CHC funding, it would be NHS services who should pick up any new referral for OT needs if they are not currently open to the team. If Adult social care had been involved prior to full CHC funding being confirmed, again they maintain the case but would seek full health funding for any equipment that was required.

Adult Hospice

- If your YP meets criteria for referral to an adult hospice, the therapists can also support and help with signposting to statutory community teams.
- Reasons for referrals to Adult Hospice OT and physio could include:
- OT: Non –pharmacological symptom management (pain and anxiety); Coping with change; Advanced care planning.
- Physio: Coping with physical change; maximising ability and function; positioning; non- pharmacological pain management; Advanced care planning
- Adult hospice will provide episodic care as the need arises.

Take Away Messages

- General recommendations are for the YP to attend yearly annual health check at their GP which should be offered to all people with a learning disability
- Prepare for meetings.
- Keep a note of useful contacts.
- Ask for advice on early signs that a referral maybe needed to avoid problems if there is a long wait.

Useful Contacts/ Resources

- Sports for confidence:

<http://www.sportforconfidence.com/>

<https://www.sportforconfidence.com/referral/>

- Southend Wheelchair service: Phone: 01702 442145, Email: Southendwheelchair.service@nhs.net
- Mid Essex wheelchair Service: Phone: 0300 303 9957, Email: wheelchairservice2@nhs.net
- NELFT Wheelchair Service: Phone: 0300 300 1844, Email: wheelchair.service@nelft.nhs.uk
- DGT: Phone: 01245 468834, Email: info@dgt.services
- Southend Equipment: Phone: 01702 442133
- Essex Equipment: Phone: 0333 034 2048, Email: essex@medequip-uk.com
- Social Care Southend: Phone: 01702 215008, Email: otreferrals@southend.gov.uk

<https://www.livewellsouthend.com/care-support-adults/independent-living-occupational-therapy-ot>

- Social Care: Essex County Council resident: Phone: 0345 6037630, Email: socialcaredirect@essex.gov.uk

Thurrock Council resident: Phone: 01375 511 000, Email thurrock.first@thurrock.gov.uk

- Orthotics
- APCP- <https://apcp.csp.org.uk/system/files/documents/2023-10/Health%20Transition-%20Young%20Person.pdf>

Any Questions?