

## Community Children and Young People's Service

### Compliments, Concerns and Complaints

Comments, compliments or complaints are valued and appreciated. Please speak to your health practitioner. If the service you are receiving is failing expectations, please talk to the manager or staff involved. They will take the matter seriously and sort things out as soon as possible.

If that is not appropriate please contact us below:

**Call:** 0115 9934542

**Email:** [Complaints@nottshc.nhs.uk](mailto:Complaints@nottshc.nhs.uk)

**Write to:** Patient Experience Team (Local Partnerships),  
Nottinghamshire Healthcare NHS Foundation Trust,  
Moorgreen House, Highbury Hospital, Bulwell, Nottingham, NG6 9DR

You can also share your experiences and care at :

<https://www.careopinion.org.uk/>

or at the Trust's feedback website:

<https://rebrand.ly/UserCarerFeedback>

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب



## Preparing for Adulthood – Transition

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

## What is Preparing for Adulthood?

- Preparing for adulthood begins at 13-14 years or year 9 in school.
- It is about telling you what to expect as you become an adult.
- It is giving your family this Information so they can offer you advice and support.
- It is about **empowering** you and your family to know what changes happen at what age.
- Some people need more time, or more support than others. Everyone is individual. It is about giving you time to **prepare**.

This is sometimes called “**Transition**”, but this word can mean lots of different things in health care, so we call it **Preparing for Adulthood**.

If you still see one of our Nurses or Therapists as you get older, you might need to move to an adult service between the ages of 16-19 years. This is called a **Transfer of care**.

Some people might need to stay in Children’s Services longer, depending on when an adult service start working with you (19-25 years).

Some people may not need a transfer of care at all and might go back to seeing their G.P for health advice.

You and your family/carers should feel empowered to learn about these changes, so you can become as independent as possible when accessing adult health services.

It is important to make sure that the care you get is **appropriate** for your age and needs as you grow into an adult. Adult bodies are different to children’s bodies.

## Why is Preparation for Adulthood important?

- When you grow into an adult you will be making decisions about your healthcare.
- You will need to know where to ask for help.
- Families who support young people who might not be able to make their own decisions will need Information.
- So, you know where to get help in the future.

Although it might seem becoming an adult is a long time in the future, you or your family might need time to learn about these changes.

## How will CCYPS support me?

When you see one of our Nurses or Therapists, they can help you understand your treatment or therapy.

Between the ages of 13 and 14 you will get information that will tell you about some of the changes to expect between 16-18 years old.

If you still see a Nurse or Therapist when it’s time to transfer to an adult service, they will give you information on who you will be seeing, and how you can contact them. There might be some joint appointments, depending on why you see the Nurse/Therapist.