



Preparing for Adulthood Transition

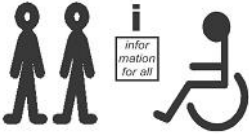
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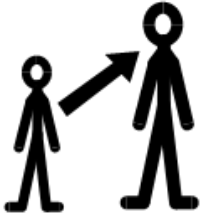
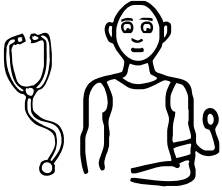
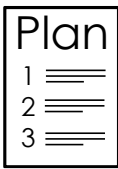
Making a
Difference

Trust **Honesty** **Respect** **Compassion** **Teamwork**

What does Preparing for Adulthood mean?



- Preparing for adulthood begins at the age of 13-14 years or year 9 in school.
- It is about telling you what to expect from health services as you become an adult and where you might find more information.
- It is about **empowering** you and your family to know what changes happen at what age so you/they can **advocate** your choices.
- For you to develop the skills you need to be as independent as possible.
- Some people need more time, or more support than others. Everyone is individual. It is about giving you and your family time to **prepare**.
- **This is sometimes called “Transition”**



- If you still see one of our Nurses or Therapists as you get older, you might need a **plan** to move to an adult service, this is called a Transfer of care.
- Some people may not need a transfer of care at all and might go back to seeing their G.P for health advice.
- 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.
- We will signpost you and your family to Information you will find useful.
- If you have any other questions, you can ask your Nurse or Therapist.

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

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 اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب