Preparing for Adulthood - Clinician Crib Sheet



- This Information should be used in conjunction with the "Preparing for Adulthood ReviewTemplate Draft User Guidance".
- As every patient's journey will be different in relation to the service they are offered, the young person's level of understanding, needs and wishes there must be a personalised approach to Preparing for Adulthood/Transition, and this should be reflected in the free text boxes within the template. These are the topics of conversation and rationale to think about at each stage (as a minimum).
- If the person predominantly has support due to capacity/cognition, these themes need to be discussed with Family/Carers.
- These conversations can be part of a standalone treatment or caseload Interventions, an MDT meeting, or as part of more formal reviews such as Education and Health Care Plan meetings or Looked after Child Reviews.

14-15 yrs

- * Is the person aware of the Trust website for "Preparing for Adulthood"?
- * Would they like any PfA information prescribed through Recap Health?
- * Encourage them to start asking 3 questions about their health, which will empower them with decision making. Is there anything they/family would like to know about their treatment/therapy/condition?

If the YP has a Learning Disability are family/carers aware of the LD Annual Health Check and LD Register at the GP?

15-16 yrs

Topics listed at Stage 1 can be revisited at any stage

- * Does the YP/Carer understand confidentiality and consent?
- * Does the YP like correspondence to be addressed to them? (Capacity dependant)
- * Would they like to be seen alone? Partially alone? (to empower independence)

16 yrs and Upwards



Topics from Stage 1 and 2 can be revisited at any stage

- * Identify Adult Services and refer if appropriate
- * CHC Consideration (MDT Discussion if others involved)
- * What more information does the Young Person/Carer want/need?
- * Does the Young
 Person/Carer know about
 equipment provision as an
 adult?

Discharge



- Who has worked with them and why
- Is there anything they need to continue to do in the future
- Understanding of where care is being discharged back to
- Who do they need to contact if the same issue arises / condition deteriorates
- Discharge letter? Verbal Information?

Transfer of Care

See Template
Questionnaire for more
detailed information.

- Where transferring to
- Contact details /Service Information
- CHC consideration
- Joint appointment with adult service, or service pack.

www.nottinghamshirehealthcare.nhs.uk/prepforadulthood