



Info guide

# Changing to adult health services



Easy Read

# When you change from children's health services to adult health services

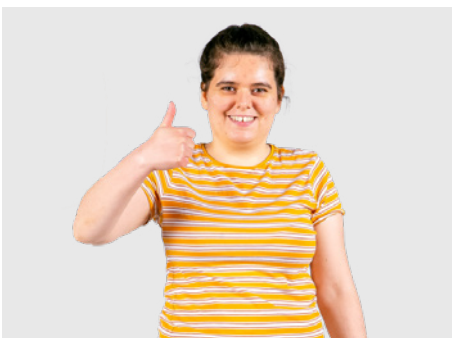


Trapeze and ACI Transition Care Service wrote this guide.

We help people change from children to adult health services.



There are things you can do to get ready to change to adult health services.



You can do these things at the ages we suggest in this guide.

Or you can do them when it is right for you.



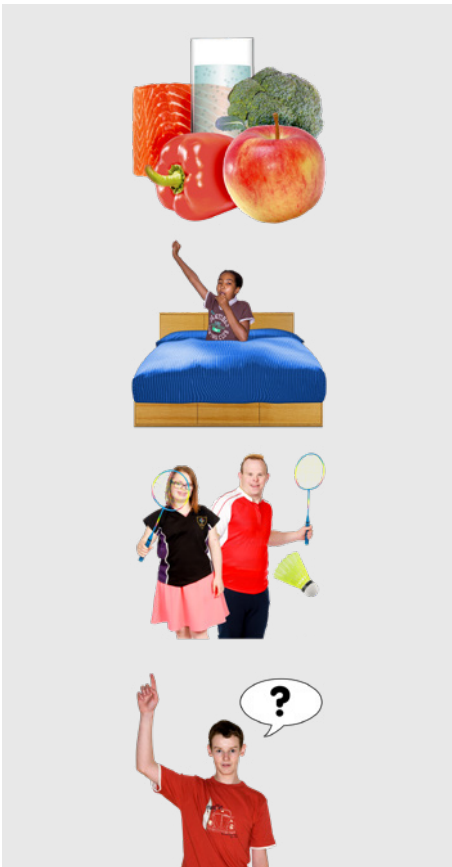
This guide has some things to think about when moving to adult health services.

## When you are 12 to 14 years old



When you are 12 to 14 years old you can start to see your health team by yourself.

You can ask your supporter to join you when you need.



It is good to know how to look after yourself.

You can ask questions about

- Diet
- Sleep
- Exercise
- Other health issues



You can work together with your GP to learn more about your health.

## When you are 14 to 16 years old



When you are 14 to 16 years old you can make a plan for the change to adult health services.



We can help you make this plan.



You can start to learn more about your health issues and looking after your mental health.



Looking after your **mental health** means that you know what to do when you feel sad, worried or upset.



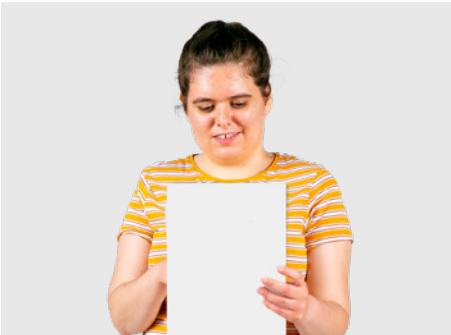
You can start to be more independent and do things on your own.

You can talk to your family or supporters about how to do this.

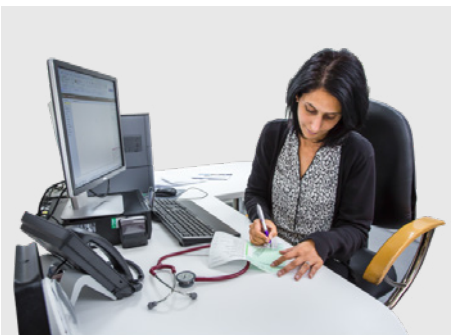


Some examples are

- Get your own Medicare card
- Make some choices about your health care
- Start to make your own appointments



You will need to ask for a referral for your first adult health appointment.



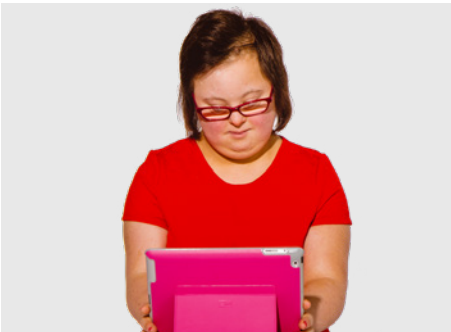
A **referral** is a letter from your doctor.

It says who you need to see next and what your health issues are.

## When you are 16 to 18 years old

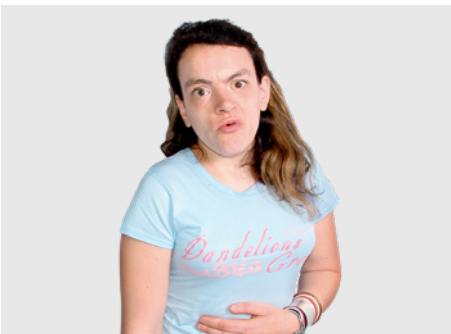


When you are 16 to 18 years old there are even more things you should do.



Have your plan ready so you know how to change to adult health services.

Keep it somewhere safe.



You should know about

- Your health and treatment
- Who to contact if you are sick



Find out good ways to look after your mental health.



Learn about relationships that are good for you.

Find out about having sex in a safe way.



Learn about safety with alcohol and drugs.



Find out about other things that could help you.

This could be support at school or money from the government.



We can help you meet other young people who use health services.

## Contact us



Call Trapeze on **9382 5457**



Send an email to Trapeze  
**[trapeze.schn@health.nsw.gov.au](mailto:trapeze.schn@health.nsw.gov.au)**



Go to the Trapeze website  
**[www.trapeze.org.au](http://www.trapeze.org.au)**



To find an ACI care worker go to  
**[www.aci.health.nsw.gov.au/networks/  
transition-care/about/transition-care-  
service](http://www.aci.health.nsw.gov.au/networks/transition-care/about/transition-care-service)**

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