



AGENCY FOR
**CLINICAL
INNOVATION**

Information for moving to adult health services

For young people



Easy Read

www.aci.health.nsw.gov.au

About this information



This information is for young people who will soon move to adult health services.



It will help you get ready for that move.



The **Agency for Clinical Innovation** transition service put together a list of things you should do to get ready.

We will say **ACI** for short.



ACI is a team at NSW Health that look after making the health system better.



If you do all of these things it could be easier to move to adult health services.

1. Moving over



When you are about 14 years old your health team will start to talk about moving to adult services.



Find out from your health team at what age they will stop seeing you.



You can ask them where your new adult health services will be.

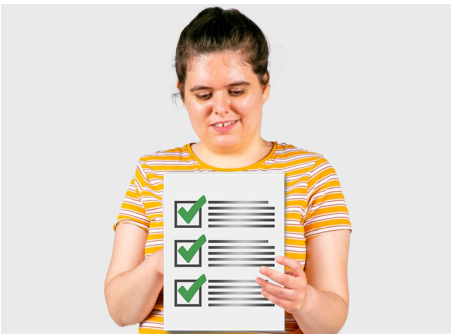
2. Get ready



It is good to think about what it will be like to move to adult health services.

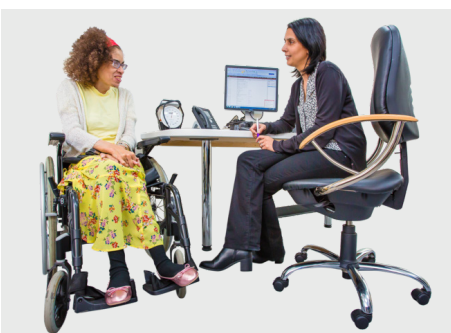


If you start to think about it early it will be easier to get ready.



You can start to plan what things you need from your

- Health care team
- Family
- Carers.



You could ask your **GP** or health care team to help you get ready for the move.

Your **GP** is a local doctor you see often.



You may not have a GP who can support you with the move.



We made an easy read info sheet to help you find a GP.

Go to

www.bit.ly/finding-a-good-gp

3. Looking after your health



A good way to get ready for the move is to think about what you need to look after your own health.



Looking after your own health could mean

- Asking your GP questions about your health
- Talking to your health care team about your plan.



You can get support to talk about what you need to look after your own health.



This might be support from your

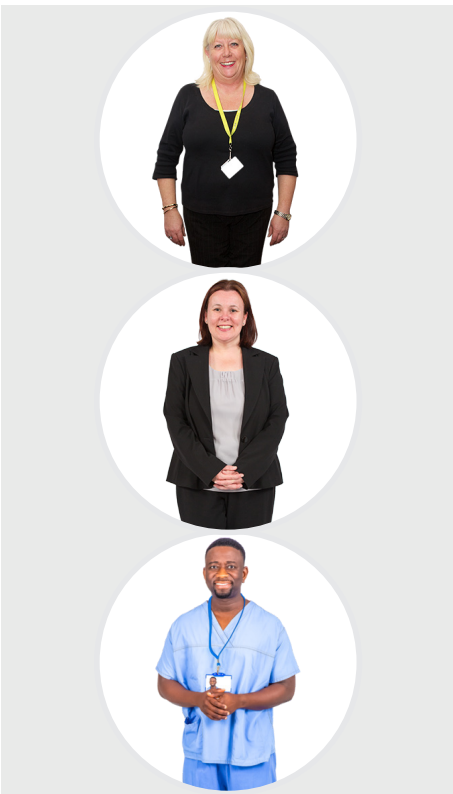
- Health care team
- Family
- Carers.



You might find it hard to move to adult services.



You can ask your GP or health care team if there is also someone else you can talk to about how you feel.



This might be a

- Social worker
- Psychologist
- Patient liaison officer.

A **patient liaison officer** is someone who supports you with information to make things easier in hospital.



You can also join a **peer support group**.

A **peer support group** is a group of people who have had some of the same things happen to them as you.

4. A Local Transition Coordinator

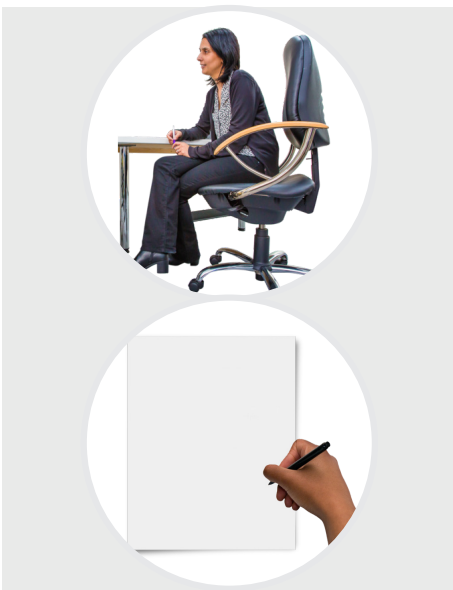


Someone from your health care team will support you to get ready to move to adult health services.

This person may be anyone from your health care team.



This person will help you learn about how things work at adult health services.



This might be things like how to

- Set up meetings with your doctors
- Get a referral from your doctor

A **referral** is a letter that says you need to see another doctor and why.



You can also talk to them about any problems you have with the adult health service.

5. Talking to your health care team



Your health care team can tell you what happens when you move to adult health services.



You can ask big and little questions about your new service.



You can ask questions like

- What happens in an emergency
- Where the toilets are
- How do I get there
- Where can we park.



You can let them know if you want to meet them

- With your parent or carer
- By yourself.

6. Your plan



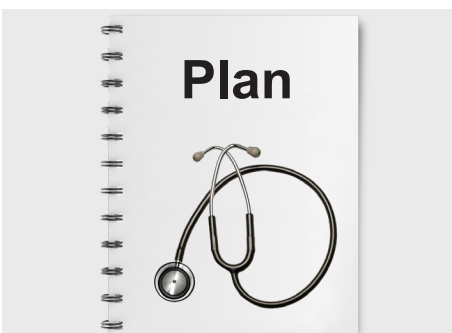
The person supporting you move to adult health services will help you put a plan in place.



A plan might be a written plan or a plan you might talk about it.



The plan should have all the important information about you and your new health care teams



You can ask to get a copy of this plan.

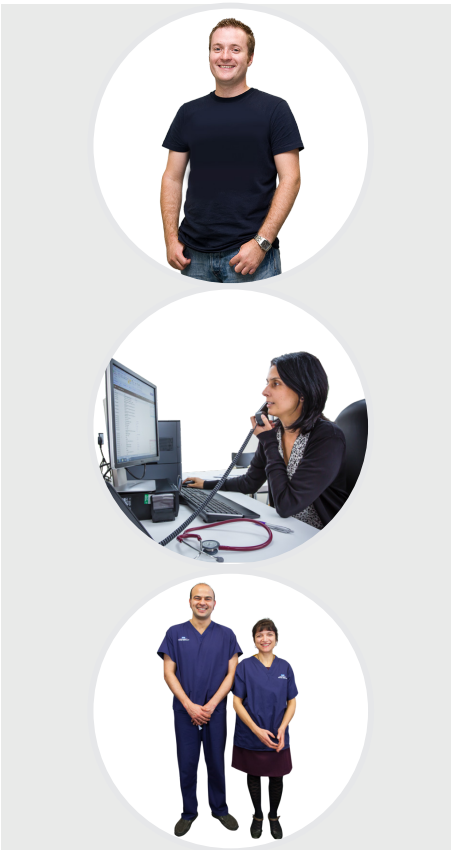
7. Talking about how it went



After you go to the adult health care team for the first time your local transition coordinator should contact you.



Make sure you know who you can contact if you have any problems.



This could be your

- Local Transition Coordinator
- GP
- Your old health care team.

For more information



You can get more information from the **ACI Transition Care Service.**



This is a service that supports young people in NSW with the move to adult health services.



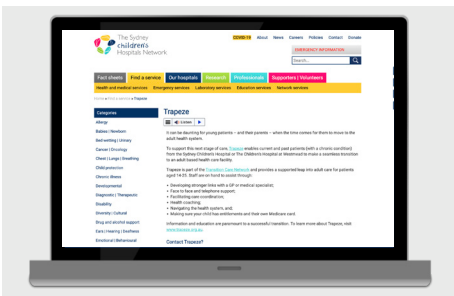
To look at their website go to **www.bit.ly/aci-transition-care**



You can also get more information from a service called **Trapeze**.



Trapeze helps young people who have been to the Sydney Children's Hospital.



To look at their website go to **www.bit.ly/about-trapeze**

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.



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