

Getting ready to change to adult health services



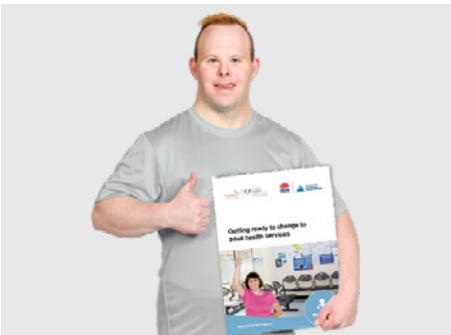
About this guide



Trapeze and ACI Transition Care Service wrote this guide.



We help people change from children to adult health services.



This guide helps you think about a plan for your transition to adult health services.

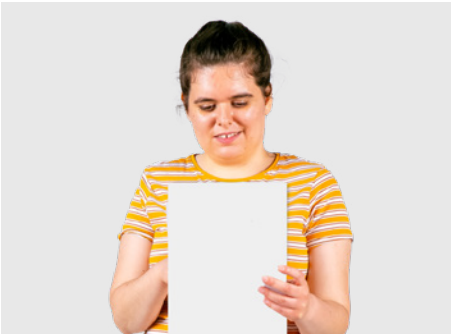
A transition is when you make a change to a new thing.



You will be ready for this change if you make your plan early.

It is okay if you need help to plan this change.

Why a plan is good



Having a plan can help you not feel worried or stressed.



It will help you feel ready when it is time to see adult health services.

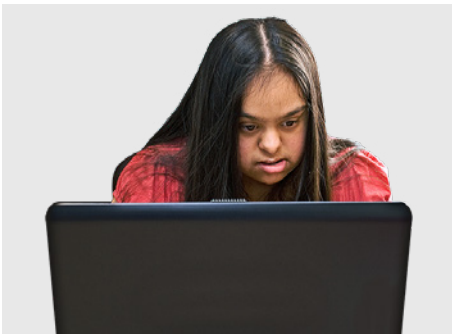


When you make a plan your family and carers can see how independent you are.

Plan for your transition



These are things you can do to plan for your transition.



Learn more about your health issues and care.



You can start to look after your health issues yourself.

You can ask your health team questions when you see them.



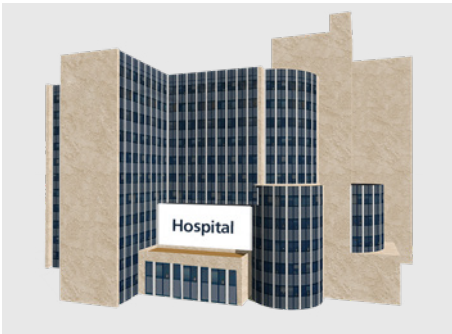
You can speak to your health team about getting ready for the change.

Your health team may tell you to speak to Trapeze or ACI Transition Support.



Find out more about adult health services.

You may be able to choose adult health services that are best for you.



Find out what health care you can get in your community.

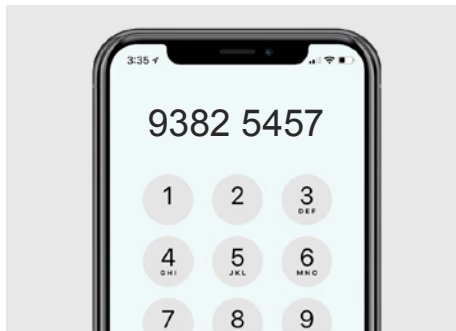


Get to know your GP better.



It is okay if you want support to do these things.

Contact us



Call Trapeze on **9382 5457**



Send an email to Trapeze
trapeze.schn@health.nsw.gov.au



Go to the Trapeze website
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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