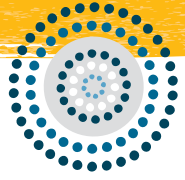


How to prepare for your transition



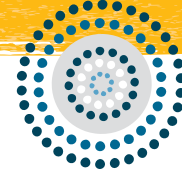
Before you leave the children's hospital or health services, you might find some of the tips useful in preparing for your move to the adult world.

Tips	Why
<p>Start talking with your health team in the children's hospital or health service about transition and some of these tips.</p> <p>Start seeing your doctor and health professionals on your own.</p>	<p>So you know what will happen when you leave.</p> <p>So you will have more privacy.</p> <p>In the adult world clinicians may want to see you on your own.</p> <p>"They will be more interested to interact with you than with your parent or carer." - recently transitioned young person</p>
<p>Start making your own appointments and organise any tests.</p>	<p>It keeps you in control of your own life.</p> <p>So you know what the appointment may cost or if it's covered by Medicare, see the Medicare and paying for health services factsheet.</p> <p>"It can be very busy and rushed. You may need to see a junior doctor instead of a specialist." - recently transitioned young person</p>
<p>Know how to get your appointment.</p> <p>"The hospitals look and smell different, they're not as colourful and they are much bigger. It's easy to get lost." - recently transitioned young person</p>	<p>So you can be relaxed and in control of the day.</p> <p>"Have the clinic number in case you get lost" - recently transitioned young person</p>
<p>Before you go into your appointment, take time to think about what you want to talk about.</p> <p>Save your thoughts and questions on your phone/iPad/device or on paper.</p>	<p>It helps you think about the questions you'd like to ask and the information you might need.</p> <p>"Be ready to speak up for yourself" - recently transitioned young person</p>

More information on the next page

**GET THE
FACTS**

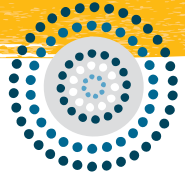




Tips	Why
<p>Know how to cancel or reschedule an appointment. Use your phone or calendar to help organise your time.</p>	<p>So someone else can have your appointment if you can't make it. Change the appointment for a time that suits you.</p> <div data-bbox="810 421 1492 526" style="background-color: #d9e1f2; border-radius: 15px; padding: 10px; margin-top: 10px;"> <p>“You may have to wait to be seen.” - recently transitioned young person</p> </div>
<p>Learn more about your health condition and how it affects you.</p>	<p>This will help others understand you better. It will help you become more independent.</p>
<p>Know what treatments you are on and how they interact with alcohol and drugs.</p>	<p>So you know how to look after yourself.</p>
<p>Know what gives you allergies or bad reactions.</p>	<p>So you prevent or avoid bad reactions from the past.</p>
<p>Find a supportive GP you like and trust, see the Finding a good GP factsheet.</p>	<p>Your GP is the first person you contact when you are unwell.</p>
<p>Put the name and phone number of your health team and emergency services in your phone contacts.</p>	<p>So you can contact them when you need to.</p>
<p>Download apps that can be useful for you, such as:</p> <ul style="list-style-type: none"> • Hospark (NSW Health car parking and directions app) • NPS Medicinewise app • Plan my trip • Medicare, MyGov • Service NSW • Infinity connect (PEXIP) • Health app on iPhone 	<p>Helps you stay organised and on top of things.</p>
<p>Decide how you will store your health information, e.g. on a personal device or through an app.</p>	<p>Your adult health team may ask for it and it may help your adult team understand you better. Check if your healthcare team uploads information to My Health Record.</p>



Checklist for young people



Use this checklist to identify the skills you already have and the areas where you may need to increase your knowledge to help you become more independent.

- Know about your condition and how to manage symptoms and emergencies
- Know what medications you need and how to fill prescriptions
- Learn how to make your own appointments and start seeing your doctor on your own
- Eat and exercise regularly to help you stay happy and strong
- If possible, start meeting with some adult doctors to 'check them out' before you have to switch
- Be organised - keep copies of clinic and discharge letters as the adult health service may require them
- Ask for copies of medical tests and results as well as a verbal explanation and ensure that a detailed medical summary will be prepared for the new adult team
- Learn what symptoms need monitoring and what ongoing tests will be required, why and how often
- Know how to order the supplies for your equipment and how to maintain it
- Make a transition plan with your healthcare team
- Find out about special considerations for assessments and exams at school and university
- Find yourself a GP you like and trust

- Know how smoking, alcohol and street drugs interact with your condition
- Talk to your doctor about sex and contraception and how your condition might impact on fertility and pregnancy
- If stress or worry is getting in the way, talk to someone you trust and respect
- Enrol for your own Medicare card and Health Care Card and find out about private health cover
- Ask your healthcare team to refer you to Trapeze or ACI Transition Care Coordinators who can help you plan for transition

Non-medical things to think about

- Remember to declare any relevant medical conditions when applying for your driver's licence
- Find out if you are eligible for financial support or any concessions from Centrelink
- Open up your own bank account
- Apply for a tax file number if you are thinking about work
- Think about how you will keep in touch with friends once school ends
- Remember to enrol to vote when you are 18 years old!



© State of New South Wales (Agency for Clinical Innovation) 2020.

[Creative Commons Attribution-NonCommercial 4.0 licence](https://creativecommons.org/licenses/by-nc/4.0/).

For current information go to: aci.health.nsw.gov.au

Next review 2026.

The ACI logo is excluded from the Creative Commons licence and may only be used with express permission.

**GET THE
FACTS**

