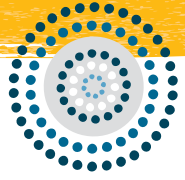


Stages of healthcare transition

These stages of transition are a general guide and will depend on you and your condition



Early stage 12–14 years

- Starting transition early ensures a smoother change from paediatric to adult care
- Developing your self-management skills takes time, so it's good to start early
- Your healthcare team can start to see you on your own for part of your appointment
- Feel free to ask questions about your condition, medications and treatment
- Work closely with your GP in monitoring and coordinating your health, so you both grow in confidence and knowledge.

Middle stage 14–16 years

- Learn more about your condition and how it affects you
- Quiz yourself on the Checklist for Young People to find out where you're at with your transition
- Develop a transition plan with your healthcare team and Trapeze or Transition Coordinator
- Talk with your family and carer about becoming more independent
- Find out more about living with a chronic condition
- Get to know yourself better
- Learn healthy ways of coping with stress and anxiety
- Start making your own decisions for your healthcare

- Organise and plan health appointments on your own
- Apply for your own Medicare card
- Contact Trapeze or your Transition Coordinator if you would like to meet other young people with chronic conditions.

Late stage 16–18 years

- Start planning the timing of you leaving the children's health services with your healthcare team.
- At this stage of your transition, you really take control!
- Know your condition, your treatment, and what to do and who to contact if you are unwell
- Know about safe sex, drug and alcohol, and how to look after your mental health
- Get advice about education, work and relationships
- Speak to your school about how to apply for special consideration for exams if you need support
- Find out what financial benefits you are entitled to
- Find out if you can access the same medication and treatment in the adult hospital
- Think about your future plans and goals
- Make appointments and attend your first adult appointment. Ensure you have the right referrals
- Finalise your transition plan and store it
- Quiz yourself on the Checklist for Young People to see if you're ready to make the move.

**GET THE
FACTS**

