

# Tips for young people moving to adult health services



Prepare early

Get involved

Stay positive

Be honest and ask questions

Remember it takes time



You can also have your say on improving the process of moving to adult health services by **joining the Transition Care Network**.

No experience is necessary and you'll join others sharing their personal views and lived experience.



Scan QR code or visit

[aci.health.nsw.gov.au/transition-care](https://aci.health.nsw.gov.au/transition-care)