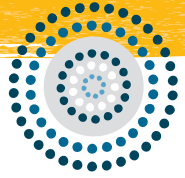


Transition... getting ready to move to adult health services



This fact sheet is for young people who are getting ready to leave the children's hospital or health services.

In healthcare, we use the word 'transition' to describe the process of planning, preparing and moving from a children's healthcare service to an adult healthcare service.

Transition should be a gradual process and starting early will give you the time to prepare for your move (but it's never too late to start!).

Preparing for your move will

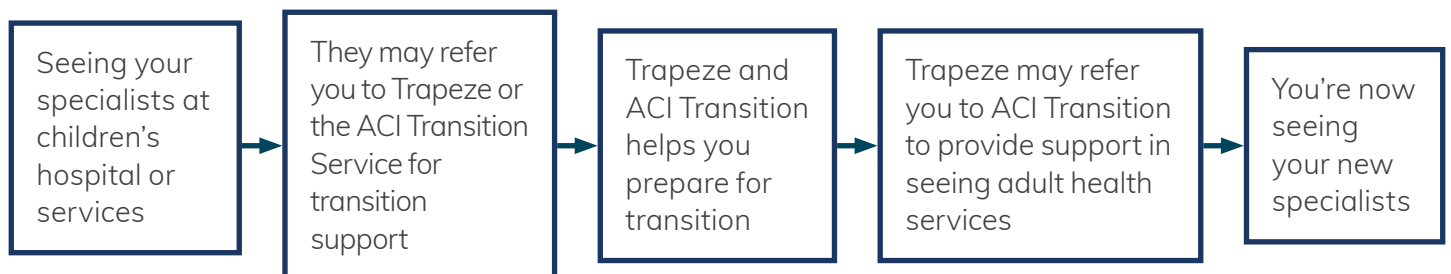
- Give you a chance to think about what healthcare is needed for the future
- Help you develop the skills to manage your condition on your own
- Give you time to talk with your healthcare team about moving on
- Make sure you feel ready to make the move
- Strengthen your links with your GP and community
- Help you choose which adult services best suit your needs

- Reduce the stress and anxiety of leaving the children's hospital
- Give you time to adjust to becoming more independent
- Give your family and carers time to step back and trust you to be in charge.

When you were younger, you relied on your family and carers to look after you, but as you get older you will have the opportunity to start doing this for yourself, learn more about your condition and discuss any health issues with your team on your own.

By beginning the transition process early, you will develop the knowledge and skills necessary to manage your own healthcare as an adult.

For more information, talk to your doctor and healthcare team. You can also contact Trapeze or ACI Transition Care Service.



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