

them managing this, it will help reduce your worry in the future.

- Helping your teenager to become more independent with their medication is important where possible. This could mean collecting their medication on their own or with your support, learning the names of the drugs, doses and frequency. This is a positive step in encouraging responsibility so they can be more independent.
- It can be useful to think about the benefits of being in an adult service with your teenager for example, increased independence, facilities being closer to home and more age appropriate resources.
- Taking time to speak about your own worries with family, friends or the doctors can help alleviate these worries.
- Showing your teenager you are confident in their ability to manage the transition is a positive approach to the move which will benefit everyone.

## After the transition

It may be useful to remember that getting used to any change can take time, but changes can bring positives. Your teenager's new team should be the point of contact for any medical related issues, once your teenager has moved forward onto adult services.

### Notes:

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# Transitioning to Adult Services

Gearing up for transition  
A parent's guide

## What will this leaflet tell me?

This leaflet is for parents whose children are transitioning (moving on) to Adult Services. It is designed to describe different feelings that can happen during this experience, and also offer some advice for this period.

## What is a transition?

Transition means a period of change. We go through times of change at different times in our lives and often it is parents who are there to help transitions go smoothly for their children. There will have been times when you have done this well already, for example when your child first started school or moved onto high school. Transition means that your child is growing up which is exciting and positive, although we know transition periods can be anxious times too. Your teenager may also be going through more than one transition at the same time which can add extra stress, for example starting college or university or starting a new job.

## Acknowledging mixed feelings about transition

Alongside other feelings, it is perfectly acceptable and normal to feel nervous at times of change. Think back to times you have coped well with change in the past and how you managed these feelings at the time.

## How will adult services be different?

It is difficult to say exactly how adult services will be different, however there are a few key aspects which we know will differ.

- Your teenager is growing up, and self-management is the next phase. You may find you are less involved with their care and that they have more independence.
- It is a time where parents naturally tend to take a step back; although of course as their parents you will still be involved in their care and have a role in supporting and guiding them.
- Moving forward also means letting go of a team that you may have known for years. However, there will be a new team to build relationships with and to support you and your teenager.

## How can I prepare for the transition?

When we embark on a new challenge, it can sometimes be helpful to build gradually on experiences in order to gain confidence. We will give your teenager tips to help prepare them, and these can be helpful for you too. The process will be about getting you all used to any new aspects of adult care.

The following strategies can help with this:

- Encourage your teenager to become gradually more vocal and speak up for themselves in their health appointments. You will then get used to asking and answering less of the questions and it will increase your confidence in their ability to be more independent.
- It can also help to encourage your teenager to write down their questions beforehand to ask in the appointment.
- It can be helpful for your teenager to have time on their own in appointments. This can be a gradual process that you plan together, like 5 minutes in the first appointment, 10 minutes in the second. If you can see