



Patient Address

Tel:

Date:

Ref:

Dear (patient name)

RE: TRANSITION PROCESS

As discussed at your last clinic appointment, we would like you to start the transition process to adult services. This process can take up to three years and aims to make the transition as stress-free as possible.

To prepare for any discussion it would be helpful if you could start organising your own medicines. This includes:

- knowing the names and dosages of your medication and
- how to get prescriptions from your GP

Some young people find it helpful to write this information down in their phone, on paper or in a medication book to help jog their memories. It can also be useful to write down any questions you may want to ask.

When you feel ready, we would like you to come into the clinic room for your appointments by yourself so that you get used to answering any questions on your own. If you want, you can invite your parent/carer to come in afterwards for a summary of the discussion.

We understand that aspects of transition can be difficult at first, but these are the first steps to gaining more independence and moving to adult services. If you have any questions, or would like to discuss this in more detail, please contact us on **(insert telephone number)**.

Kind Regards

Yours sincerely

cc Parents