



Easy Read Guide

Paediatric to Adult Health Transition



This guide has information about going from Paediatric (Child) to Adult Health Services. It has helpful information to make things go smoothly and help prevent stress and anxiety.

Meanings:

Paediatric care: medical care for babies, children and teenagers

Health services: finding out the cause and treating a medical condition

Stages of the move to Adult Health Services:

1. Getting started (around age 14):
 - Starting to talk about the change that will happen
 - Getting help with making a plan just for you.
 - Finding out about your Community Services, including a GP (Doctor)
2. Getting ready for the move (Ages 15 -16):
 - Your GP (Doctor) will connect you to **Adult Services**.
 - You will meet with your new adult care providers.
 - You will be ready to change to the new care system.
3. The move to **Adult Services** (Ages 17 - 18)
 - You should change to the new system when you are feeling well.
 - Your medical story (record) is given to the **Adult Health Services**.
 - You will also be given a copy of your medical story (record).

Remember:

- Changing to **Adult Health Services** takes time and needs to be planned.
- Staying in touch with Health Services and your Community Services is important.
- Working together means you will stay healthy as an adult.



How is Paediatric (child) and Adult Health different:

- Being in an adult hospital is different from a children's hospital.
- You may need to go to different places for different treatments as an adult.
- If you can manage you will be asked about how you feel and be more involved in your health care.
- You may be able to make health decisions on your own.

Support from each Adult Health Service



You will get help from a Patient/Carer Advocate who will help:

- You understand the information.
- You speak up when you don't understand something or don't agree with a decision.
- Support you

About Patient Advocates



Advocates are **not** allowed to share your information with other people unless you say it is ok.

Advocates **can** share information if they think you are not safe or if someone else is not safe.

Turning 18 - Making decisions on your own

You can make decisions about your health when you turn 18

If it is difficult for you to make your own decisions a **guardian** will help you

Contact Information



If you want to ask a question about this guide or make a complaint, you can contact:

The Chief Executive Officer (CEO) by sending an email to manager@p2pqld.org.au

Questions and concerns

If you have any questions or concerns, speak with your Carer or Parent who will help you to understand this guide.