

MAKING the Transition – around 18 years approx.)

Find out which adult service you will be transferring to. Try to arrange to visit or make a phone call to the clinic before you move – this way you will find out what to expect at the first visit.

Give some thought to your first visit to the adult clinic. Consider the questions you would like to ask and maybe make a list to take with you.

Think about your lifestyle choices (exercise, diet, hobbies, sport, education) – and the possible effects these could have on your condition. Aim to achieve a healthy match with your condition and lifestyle.

As you get older, you will be expected to answer questions about your medical history, medication and treatments - try to find out as much as you can and maybe make some notes for yourself.

Continue to look after your medications and/or treatments – you will be better able to talk to your health care team by doing this.

If you can, start to contact your health care team yourself – arrange appointments, ask about medications and hospital visits.