

PLANNING your Transition – up to 17yrs (approx.)

‘TOP TIPS’

It is helpful to start taking more responsibility for your own medication and treatments. Know when and how much to take.

It can seem daunting but you should begin to think about seeing your doctor or other healthcare professionals by yourself.

Try to learn more about your condition and treatments and consider talking to others about them.

It would be useful to start planning your ‘transition’ to adult health care. Ask your parents/guardians and your team about it – ask questions and express your concerns.

Try to understand more about the impact of diet, exercise, alcohol and drugs on your overall health.

Consider finding out the main differences between child and adult health care services – this way you will know what to expect when you move.