

THINKING about Transition- up to 14yrs (approx.)

'TOP TIPS'

**Try to learn more about
your condition,
medication and
treatments.**

**Think about
questions you might
like to ask at your
hospital or clinic
visits.**

**It is worthwhile
thinking about how
exercise, diet and
other lifestyle
decisions affect your
medical condition.**

**Use your phone to set
reminders about hospital
appointments and taking
your medication/treatments.**

**Talk to your parents/guardians
about your medical history – this
will help when you are older and
you have to answer doctor's
questions.**