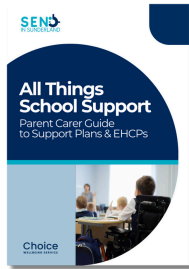
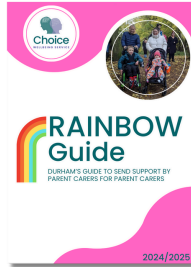
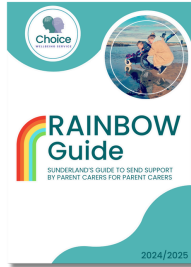


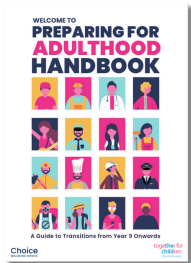
Here are just a few more guides we have available!



Guides on specific subjects



Rainbow Guides



Transitions Guides

# Moving from Children's to Adults Health Services

## Parent Carer Guide to Transitioning

# Your Child, Your Choice

Because one size doesn't fit all

Find our website here:



The transition from children's to adult services can be a complex and often daunting process for young people with additional needs and their families. This shift involves a move from child centred support, which often includes educational and family-based interventions, to adult services that focus on independence, employment, and community inclusion. Crucially, it requires careful planning, starting several years before the young person's 18th birthday, to ensure a smooth transition. This involves assessments of future needs, collaborative working between children's and adult services, and empowering the young person to have a voice in their own future.



Transition assessments could also become part of a young person's education, health and care plan. It'll help you or the young person you care for to plan ahead. There's no set age when you have to be assessed. The best time to plan the move to adult services will be different for each person.

### **The Transition Nurses**

Transition Nurses work in Sunderland and offer health needs assessments and support to young people with a learning disability and complex healthcare needs to make the transition from child to adult acute health services. We have a key role in liaising with other health professionals and agencies to ensure that the healthcare received by the young person throughout the transition process is co-ordinated and uninterrupted.

### **What if I can't get an assessment?**

If a local authority denies a request to carry out an assessment, it must explain in writing why it has reached that decision.

The local authority must also still provide information and advice about what you or the person you care for can do to prevent or delay the development of care and support needs.

### **What will happen to my child's existing care and support services while they're being assessed?**

A child or young carer receiving children's services will continue to receive them during the assessment process, either until the adult care and support is in place to take over, or until it's clear after the assessment that adult care and support doesn't need to be provided.

Between the ages of 16 and 18, the child will start a "transition" to adult services.

### **This should involve all the services that support areas like:**

- health and social care
- mental health
- education
- financial benefits for the young person and their family
- work
- housing

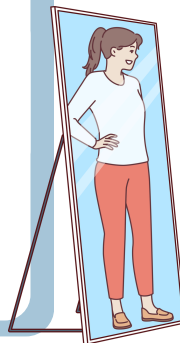
Planning for this transition should begin when a child is in Year 9 at school (13 or 14 years old) at the latest.

Transition should be an ongoing process rather than a single event, and tailored to suit the child's needs.

### **Transition assessments**

When a child or a young carer approaches their 18th birthday, they may ask their local authority for a needs assessment.

A parent or carer may also ask for an assessment as the child they're caring for approaches 18 because the child's situation will potentially be changing dramatically, which means the carer's needs may change, too.



[For more support covering transitioning read here:](#)

