

Discussion starter

This document contains questions you might like to ask your care team as you get ready to transition to the adult health care system. These questions will take you through the phases of becoming familiar and comfortable with the change; learning what the adult health care system looks like, thinking about moving across, getting ready and planning the move, and how to keep your needs met once you're in the adult health care system.

When do I start asking questions?

Talking about transition and asking these questions will be most helpful if you take your time and space them out. Ideally, you'll have about two or three years to understand how to transition to the adult health care system. You'll need a few appointments to cover these questions, but it's up to you which questions you ask and when.

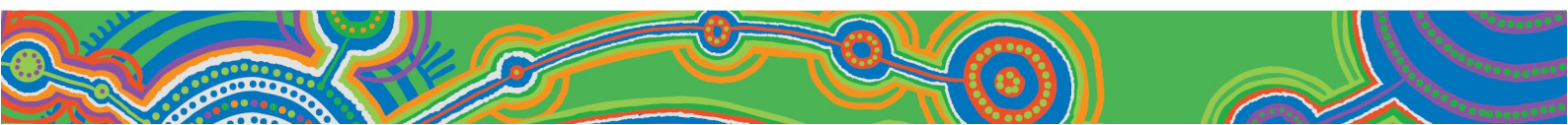
Who does what?

While this document was made for you, sometimes parents/carers still have a big role or ask questions on your behalf if you're not comfortable/able to. As a family, you might use this as practice for taking the lead in appointments; what questions to ask your care team, and who will lead the conversation.

Questions to think about asking

1. What will transition look like for me?

- Where will I transfer to for health care when I turn 18?
- Are there things happening with me that could influence when transition begins?
- Who will manage my care – GP or an adult specialist?
- Who can I talk to about these options?



2. What does the adult health care system look like?

- What services that I receive now won't be available in adult health care? Where do I access them instead?
- Which adult hospital will manage my care? Can I choose one?
- Who will be expected to make decisions about my care?
- Are my parents/family still allowed to be involved? Can I attend appointments on my own?
- If I'm admitted, what are the rules for visitors? Can someone stay with me?

3. What are the benefits of being in the adult health care system?

- How will my medical information be shared? Do I get a copy of it?
- Before I get an appointment at the adult hospital, where do I go if I need emergency treatment? Where do I go for less urgent needs e.g. a new script?
- Once I start attending appointments at the adult hospital, can I still talk to my paediatric team if I have issues or questions? If yes, is there a timeframe on when I must stop?



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