Empowering Young People to take control during transition

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NICE guidelines:

All young people using children's health or social care services with a planned transition into adult health or social care services, with a particular focus on:

- young people using child and adolescent mental health services
- disabled young people, including those with physical and learning disabilities
- young people in local authority care
- young people with long-term, life-limiting and chronic conditions, including those with complex health needs
- young people in transition from specialist care to general practice, including where the GP will be care coordinator
Care Quality Commission

FROM THE POND INTO THE SEA
Children’s transition to adult health services

June 2014
Care Act 2014

Sections 58 -65
What elements are required to ensure effective transition?

- Effective communication
- Planning
- Empowerment
- Education/
  Managing expectations
What the young people say:
As a young person going through transition I will expect to be

- treated with respect at all times
- listened to, and my views respected
- given choices, and allowed to make my own decisions
- given time to change at my own pace
- given the support I need, at a time when I need it.

I will expect everyone to abide by this and remember......

“’The more you are asked about what you want the happier it makes you feel’”

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Core Aims

• To enable youngsters to have an effective, timely and seamless transition

• To empower young people to take control and manage their own conditions and become as independent as possible

• To enable young people to make informed choices
Core Aims continued......

- To ensure continuity of care

- To create a network of support that is available, accessible, and inclusive

- To listen and respond to young people and their families about the services they want
Planning

- Identify caseload at end of Y8
- Complete a holistic assessment:
  - Medical background
  - Communication
  - General Health
  - Specific health condition
  - Sexual health
  - Psychological health
  - Personal care needs
  - Home Management skills
  - Care packages and benefits
  - Housing
  - Education and work
  - Leisure
Strategies

- Communication + + +
- Action Plans
- Health Passport
- Workshops – The R.A.P.I.D. Project
- Peer Support
- Signposting information website
- Expert Patient Programme
Education/managing expectations

- Self directed management
- How to access adult services
- What is available in adult services?
- How to manage when nothing is available!!
How to find out more?

- Website: www.healthtransition-walsall.nhs.uk
  Then search for the health transition team for physical impairments

- Email healthtransitionteam@walsallhealthcare.nhs.uk

- APCP website – leaflet and guidance available http://apcp.csp.org.uk/

- Kathie Drinan www.therapyforchildrenuk.info