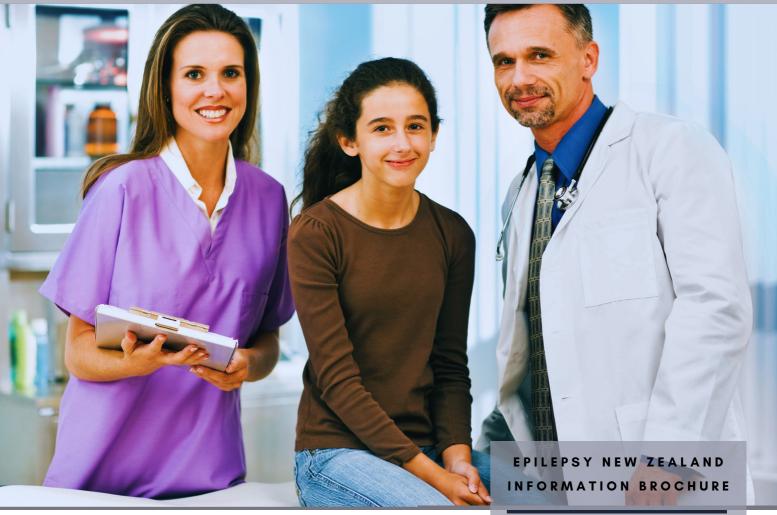
TRANSITIONING FROM PAEDIATRIC TO ADULT HEALTH SERVICES: A YOUNG PERSON'S EASY GUIDE.



A GROWING INDEPENDENCE

At some point, young patients receiving paediatric health care will need to transfer to adult health services. The term used for preparing for this is "transition".

The best way to transition is by starting early and planning it out gradually. The objective is to make you accountable for your health care by promoting independence.

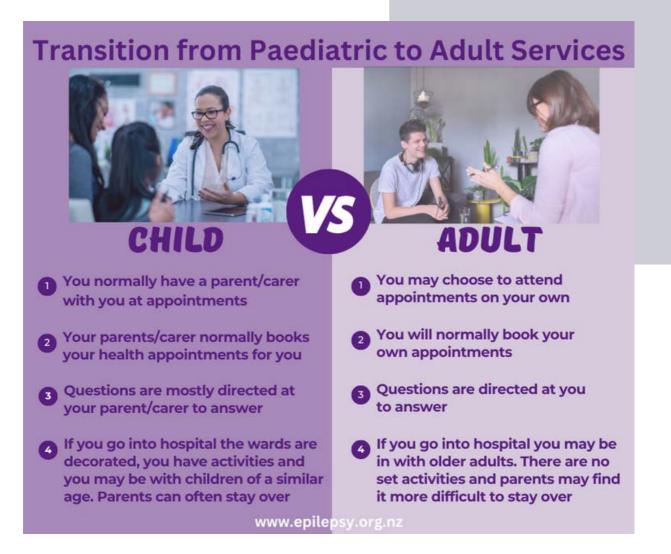
TABLE OF CONTENTS

Transition from paediatr adult health services	ric to • P. 2
Taking charge of your ov health care	wn • P. 3
Self-managing your hea	lth • P. 4
Transitioning to adult he	ealth • P. 5
Tips for transition	• P.6
Further reading	

PLEASE NOTE THAT THE INFORMATION IN THIS BROCHURE IS NOT A SUBSTITUTE FOR MEDICAL ADVICE AND PROVIDES ONLY A LIMITED AMOUNT OF INFORMATION ON THE TOPIC. PLEASE CONTACT YOUR HEALTH TEAM FOR MORE INFORMATION ON THE TRANSITION.

TRANSITION FROM PAEDIATRIC TO ADULT HEALTH SERVICES

The transition stage assists you in developing skills and knowledge to manage your own health. Support will be provided during the transition process for several years. You can expect the involvement of medical teams from a number of areas, so be willing to ask questions about things you do not know or want to know.



Transition may seem daunting at first, but it may increase your confidence as you become better at making decisions and taking responsibility for your health.

TAKING CHARGE

Get involved in your health care, understand your condition and care.

Writing down the questions you've got and bringing them to your meetings may be helpful.



Make an effort to be acquainted with the team who are helping you transition, because they are going to try and better understand you and support you through this time.

It's time for you to take charge of your life, organise the things around you and plan ahead, but slowly, take your time to figure out what's working for you.

SELF-MANAGING YOUR HEALTH

Transitioning and independence as a young adult, combined with the new responsibilities of taking care of your health, can feel overwhelming at first.

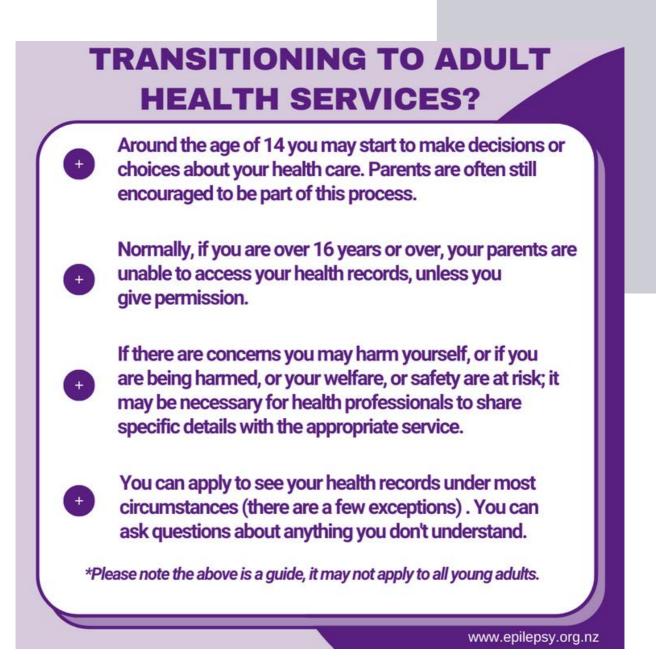


Thinking about your priorities and how they can be impacted by your health is beneficial as you approach closer to the transfer stage.

You may start thinking of your future, your profession, whether you will be able to drive, and will your seizures change as you get older or go through puberty. You can discuss these or any other worries you may have with your family as well as any of your medical professionals.

TRANSITIONING TO ADULT HEALTH SERVICES

What knowledge do you have regarding transitioning from child health to adult health services?



Collaborate with your health professionals to make sure you have access to clear and comprehensible information that will help you navigate your way into adult health services.

TIPS FOR TRANSITION

Your parents or caregivers are also in a period of transition and they may find it challenging to 'let go' and allow you to make decisions on your own. Keep your lines of communication open and remember that your parents or carers can still be a valuable asset and support during this time.



Help your parents understand that you need time and space to resolve your own issues and conflicts. Encourage your parents to step back and allow you to start managing your own issues.

Do you have a thorough understanding of your epilepsy and the best course of action for your health and well-being? If you don't have enough information, consider who can point you in the right direction to find it.

FURTHER RESOURCES

For further reading please go to: www.starship.org.nz/youth-transition/ www.starship.org.nz/transition-fact-sheet-for-young-people/ www.healthify.nz/hauora-wellbeing/t/transition-services-youth-andyoung-people/

For further support from Epilepsy New Zealand Call:0800 374537 Email: national@epilepsy.org.nz Postal Address: PO Box 1074 Waikato Mail Centre Hamilton

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