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What is transition?

Transition is the process of preparing, planning, and moving children to adult health services.

The transition process can be overwhelming for parents/carers and young people as they are moving away from a team of professionals they have known for many years.

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Who is it for?

Young people [YP] from age 14 years with a long-term condition on our chronic/complex caseload.

Young people in mainstream school transition at the age of 18; young people at special school will transition at the age 19.

The transition pathway is in place to help reduce anxieties and concerns regarding transitioning care arrangements and support into adult services.

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Ready, Steady, GO!

Ready, Steady, Go (RSG) is a simple process that is adapted for each young person. It provides an effective transition process.

RSG covers several stages – depending on the young person's developmental ability.

If the young person is not able to discuss this, there is a parent/carer form which can be used on their behalf

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17 years (6-9 months before transition) – the NN discusses the YP transition with DN lead nurse [also Adult SC lead if applicable]. There is a MDT meeting and/or joint home visit.

A list of equipment needed is prepared.

17 years (6 weeks) – Transition handover form sent to all professionals involved with the YP.

18 years – transition takes place, and a discharge letter is sent to the YP & family/carers.

Transfer of case is complete

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Who prepares for transition?

CCN area leads start the Ready, Steady, Go process but work closely with the named nurse [NN] when completing the process.

The following stages between the ages of 14 and 16 should be the minimum steps undertaken at each milestone age.

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16 years -CHC must be considered at this point – if the child has a CC package CCN discuss with the Continuing Care Lead [CCG]

17 years: If appropriate, the NN commences '**Steady**' with the YP & family/carer. The NN sends a handover to the district nursing team and, where applicable, adult dieticians.

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The RSG Pathway

14–16 years: CYP's Named (NN) Nurse discusses transition in their annual nursing assessment update. 16 years: The NN starts the '**Ready**' step with the YP & family/carer - the parent/carer form is completed if the YP is not developmentally able to complete.