



# The Association of Paediatric Chartered Physiotherapists

## **APCP Information - Understanding Transition** Information for Young People

### **What is Health Transition and what does it mean for you?**

You are coming up to adulthood and it is time you started to take control of your health needs.

Our role in this process is to advise you how to maintain your physical well-being as you move into adulthood.

Our paediatric physiotherapy services will finish (between the ages of 16 and 24 depending on where you live or go to school) and the role will be transferred to adult services.

Adult services are accessed differently.

Between now and then we will advise you on your future physiotherapy. This can be a confusing time, many young people feel unsure and have concerns, this is completely normal. Start talking and planning as early as possible to ensure smooth transition by the time you get to the end of paediatric services.



### **Things you need to know**

- Your past medical history, what your diagnosis is and where to get further information on this (i.e. websites and support groups)
- Make sure you know what treatments you have had and what has worked well and what hasn't worked as well for you.
- Your current physiotherapy plan and goals of physiotherapy
- How to manage your condition or direct your carers on how to do this
- Your physiotherapist will help to obtain this information including discussing treatment options and choices available to you.

## Things to do

### Identify a named worker

The named worker will help you coordinate your care and transition. This can be any person who knows you and can act as an advocate. You can also use an independent advocate.

### Create a folder to keep all relevant information including:

Information about you and your condition; care plans, previous management, admissions, strengths and achievements.

### Ensure you have contact details for relevant adult services should a problem arise.

This may include equipment, orthotics, physiotherapy, occupational therapy, general practitioner, community nurses and wheelchair services.

## Useful websites

### Driving

DVLA: [www.gov.uk/browse/driving](http://www.gov.uk/browse/driving)

Motability: [www.motability.co.uk/](http://www.motability.co.uk/)

RDAC: [www.rdac.co.uk/](http://www.rdac.co.uk/)

### Benefits

[Working Families](#)

[Citizens Advice Bureau](#)

[Disability Living Allowance for Adults](#)

[Direct Payments](#)

[Disabled Student Allowance](#)

### Sport/Activity

English Federation of Disability Sport - <http://www.efds.co.uk>

CP Sport – <http://www.cpsport.org/>

Wheelpower - <http://www.wheelpower.org.uk/>

This leaflet has been produced following a review of relevant literature and where there is lack of evidence, a consensus of expert opinion is agreed, correct at time of publication.



The Chartered Society of Physiotherapy is the professional, educational and trade union body for the UK's 50,000 chartered physiotherapists, physiotherapy students and associates.

APCP

<https://apcp.csp.org.uk>

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