



The Association of Paediatric Chartered Physiotherapists

APCP Information - Understanding Transition Information for Parents and Carers

What is Health Transition and what does it mean for the young person you care for?

The young person you care for is coming up to adulthood and it is time to support them to take control of their health needs.

Our role in this process is to advise you and your young person on how to support and maintain good physical well-being as they move into adulthood.

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

Adult services are accessed differently. Between now and then we will advise you and your young person on their future physiotherapy.

This can be a confusing time, many young people and their caregivers feel unsure and have concerns, this is completely normal. Start talking and planning as early as possible to ensure smooth transition by the time they get to the end of paediatric services.



Things you and your young person need to know

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

Things to do

Identify a named worker

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

Create a folder to keep all relevant information including:

Information about your young person and their condition; care plans, previous management, admissions, strengths, achievements etc.

Ensure you and your young person have contact details for relevant adult services should a problem arise.

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

Useful websites

Driving

DVLA: www.gov.uk/browse/driving

Motability: www.motability.co.uk/

RDAC: www.rdac.co.uk/

Benefits

[From-Child-to-Adult-Working-Families-January-2019.pdf \(workingfamilies.org.uk\)](http://www.workingfamilies.org.uk/From-Child-to-Adult-Working-Families-January-2019.pdf)

Citizens Advice Bureau www.adviceguide.org.uk/

DLA - <https://www.gov.uk/dla-disability-living-allowance-benefit>

Direct Payments - <https://www.gov.uk/apply-direct-payments>

Disabled Student Allowance - <https://www.gov.uk/disabled-students-allowances-dsas>

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.

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

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