

Bexley Young People with disabilities - transition to adult health care

An overview for parents

Designated Clinical Officer SEN and Disabilities DCO and Bexley Voice – Health Workshop
2024



Change to an adult health service may happen from age 16 up to to 19 years depending on

- the medical condition or treatment needed
- Individual strengths and needs
- If still at school at 18 or 19 and receiving a health service there



For example -
Joe is 17. He has
diabetes, autism and
epilepsy

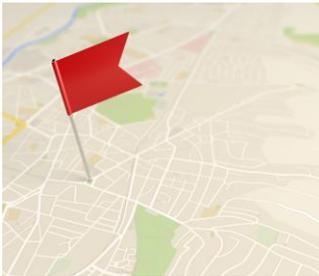
Discussion

Preparing for change

Questions to ask at health appointments:

Where ? New places

When ? what age, each health need



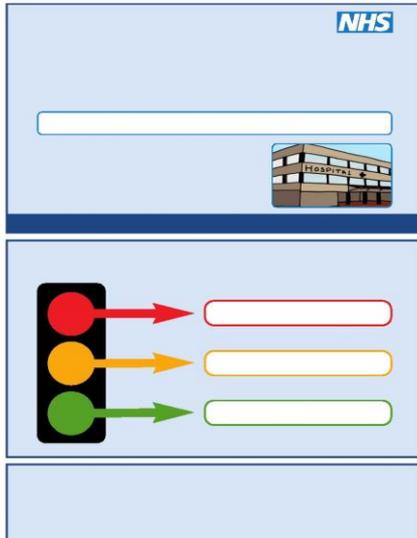
Who ? Contacts

My Gp practice – care coordination

Out of Bexley Area schools – what to do

Health Passport's for young adults

**Phone or paper or email
NHS care record**



- The **health passport** is designed to give hospital and health staff helpful information that isn't only about illness and health. Your **passport** can include lists of what you like or dislike. This might be about the amount of physical contact you're ok with, to your favourite type of drink, as well as your interests.
- Ask a health professional or [kingschildhospitalpassport2022_final.docx \(live.com\)](#)

NHS - Youth rights in health care (uhs.nhs.uk)

Confidentiality , Consent, Capacity

- Right to private appointment
 - Right to have record explained
 - Adjustments for access to health care
 - Health professionals consider 'capacity' to make informed decisions for every person 16 years and above. If unable to make informed decisions about the treatment or assessment - a suitable person to represent is sought
- Parents or a supporter can attend at patient request
 - GP practice and other health records can link carers contact to the record of person cared for
 - Substance misuse, mental illness, learning disability all taken into account in consideration of young adult capacity for informed decisions

Transition from Community Paediatrician to Gp practice care

- Children with learning disability and complex health needs have a transition health appointment with the community paediatrician and transition adult learning disability nurse
- At 18 years, or 19 years if still at school, care is transferred from the Community Paediatrician to the Gp.
- Information will be shared with the Gp. Referrals to other NHS services will be made if needed.

Young people with learning disability

- The Oxleas NHS Adult Learning Disability Service is a team with doctors, therapists, nurses.
- Transition nurses provide an assessment in contact with you.
- Every young person with learning disability is offered a [Personal Health Profile](#) and Hospital Passport
- All young people with learning disability are offered an annual health check with the Gp practice from age 14.
- [A Date to Remember \(youtube.com\)](#)
- [Learning Disability Team - Oxleas NHS Foundation Trust](#)

Annual health checks at the Gp practice –why start at 14 ?

- get used to visiting the Gp building and staff.
- people with learning disability are less likely to recognise a health problem or ask for help, so an annual check helps catch needs early.
- From age 14 young people's names can be added to the **Gp learning disability register**, so that annual health checks and other care is offered.

[Annual Health Check - Anyone aged 14 or over who is on their doctor's learning disability register can have a free annual health check once a year.](#)
[| Bexley Local Offer](#)

Diabetes - Children and Young People's Diabetes Team.

provided by : Lewisham and Greenwich NHS Trust

- Children's caseload until the age of 18-19 and then transfer to adult services.
- Personal choices on the age of change -discussion
- **Type 1 diabetes**, transfer to a hospital adult Diabetes team either locally or outside eg: if they are going away to university / moving from the area.
- **Type 2 diabetes** usually transferred to GP care
- The team begin talking about transition with young people from secondary school. It is a transition rather than a transfer of care. The team follow a Ready Steady Go Transition programme.



[TIER Network - TIER
Homepage
\(readysteadygo.net\)](http://readysteadygo.net)

Paediatric **epilepsy** service Dartford and Gravesham NHS Trust

- Young people are supported to transition from 16 years up to 18 years
- Age of transition depends on the epilepsy needs, medical evaluation, maturity and growth
- Young People are referred to adult neurology at Darent Valley Hospital or GP, again depending on needs.

Continuing Healthcare

- for long-term complex health needs which cannot be met by specialist health services alone.

- Bexley adult Continuing Health Care(CHC) team are contacted by Children's Continuing Care, at age of 14-15 for any child who may become eligible for Adult Continuing Health Care at age 18.
- Age 16, parents/young person asked to complete a Department of Health Checklist.
- Age 17 years, the team undertake the full CHC assessment if indicated.
- The aim is to have plenty of time to plan with you . Also time to appeal if you do not agree with the decisions.
- A transition Continuing Healthcare nurse is available to help families with the change
- [NHS continuing healthcare - Social care and support guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Personal Health Budgets - South East London ICS \(selondonics.org\)](http://selondonics.org)

Emotional Health and Mental Health

- Change from Child and Adolescent Mental Health services at the age of 18, but this can be 19, depending on individual needs
- Your CAMHS team will talk with you about change before it's due to happen.
- Transition meetings are held with young people who need to continue to adult mental health services. For others, a plan of ongoing contacts for support is agreed, eg: Gp services, Bexley MIND, Re-Instate, how to get help if needed.
- **If needs arise after the age of 18**, contact your Gp. Gp's offer a range of support options for emotional and mental health needs, and referrals if needed.
- **Bexley Locality Adult Mental Health Service** is a contact point for all referrals to adult mental health services in Bexley.
A team member conducts an initial assessment of young adult needs, and arranges appointment with the most relevant team within the service or suggest other appropriate support.

Contacts you can make for emotional, mental health support

- **A crisis situation ?** The Oxleas Mental Health Urgent advice line:
Call free on **0800 330 8590**
- Call 999 if you feel unable to keep yourself safe or others safe
- Online KOOTH, free and anonymous help through the time of change, to age 25. This is funded by the NHS. [Home – Kooth](#)
- [Re-Instate](#) Bexley
- Bexley MIND [Self Referral – Mind in Bexley](#)
- Papyrus: For under 35's, or if you are concerned about self-harm and a person under 35 . HOPELINE
UK: **0800 068 4141** SMS: **07786 209697**
Email: pat@papyrus-uk.org