

Moving on UP Key Transition Stages

'Moving on Up' presents a staged approach to transition that recognises health services need to take a life-course approach to working with young people with chronic conditions and their families. Preparation for transition through enabling self-management should begin at diagnosis, whatever age this may be.

Starting self-management support early enables young people to develop the skills, behaviour and confidence they need to look after their condition, over an extended period of time.

The *Framework* proposes that there are six key transition stages.

