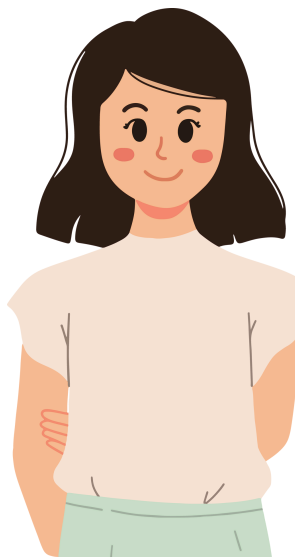


My name is Sam.



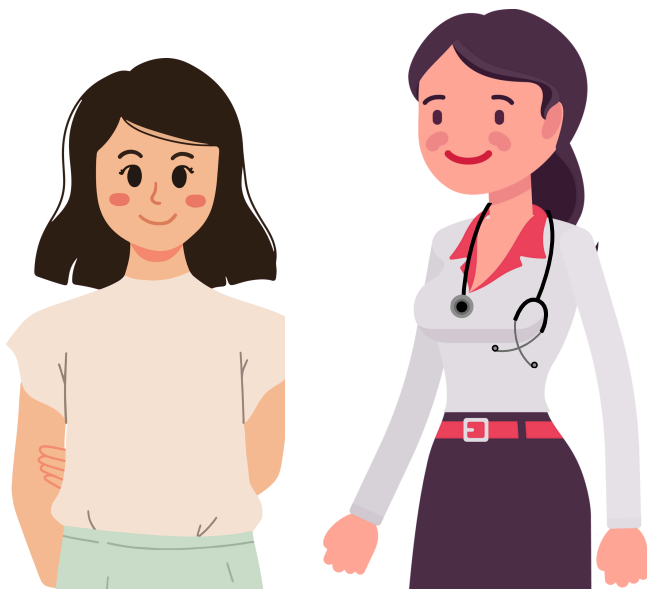
Today I am visiting Dr Grace.
She has cared for me since I was little.



Dr Grace told me that as I get older, I
might need to see a different doctor
who takes care of adults.



Today we are going to talk about
moving to adult health services.



Over time, Dr Grace will work with me
and my family/carers to plan the move
to adult health services.



Planning will help me get ready to
make the move.



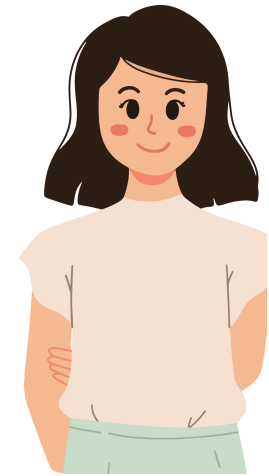
Dr Grace and I also talked about things I can do to get ready for the move to adult health services.



I'm proud of myself for being brave and talking to Dr Grace about moving to adult health services.



Just like me, you can talk to your doctor about moving to adult health services when the time is right.



It is okay to feel nervous, you are not alone. Your family/carers and doctor are here to help you every step of the way.



If you have any questions you can talk to your family/carers or doctor.



Remember, moving to adult health services is a normal part of growing up, and you are doing great.

