

My name is Holly.



As I am getting older, it's time to start planning to move to adult health services.



I visited the doctor with my mum to discuss the move to adult health services.



Together we decided to make a plan.



My doctor told me about the types of adult health services available.



I wrote a list of questions I wanted to ask my new healthcare workers.



I visited the adult health services with my mum.



I met the staff, they showed me around, and answered my questions.



Afterwards, I talked to mum about my feelings about moving to adult health services.



We went back to my doctor,



and completed the plan to move to adult health services.



It had dates, phone numbers, and health information.



Having a plan helps me get ready to move to adult health services.



Just like me, you can make a plan with your doctor about moving to adult health services.



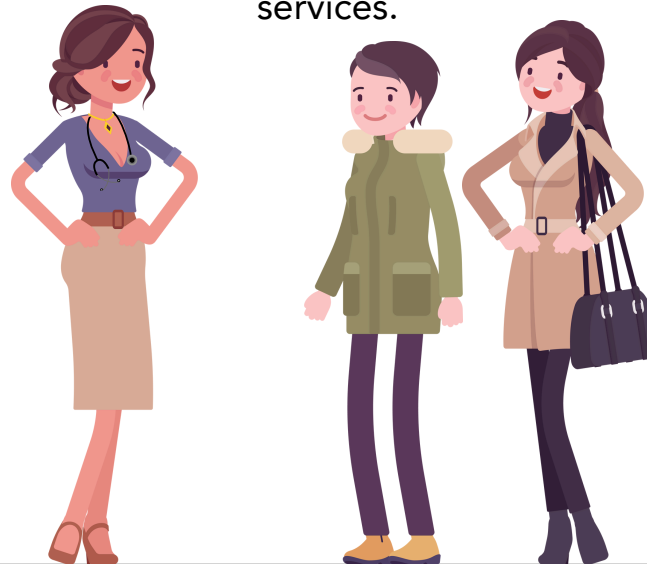
It is okay to feel nervous, you are not alone.



Your family/carers and doctor are here to help you every step of the way.



You can talk to them if you have any questions about moving to adult health services.



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

