

Moving to adult health services

This guide has been created to support the transition of young people with intellectual disability to adult health services.

The below stages are not linear and young people may move between them at various times throughout their transition.

FOR HEALTHCARE PROVIDERS



DISCUSS



It is important to discuss the move to adult health services with young people and their family/carers early and regularly.

Young people with intellectual disability and their family/carers may need additional support to understand what these changes mean.

Considering how and when you have these conversations can help.

UNDERSTAND



Involving young people directly in their health care is a key factor in supporting transition.

To enable this, you may need to consider factors that may impact self-management abilities in young people with intellectual disability.

Making reasonable adjustments to address these factors further supports young people's involvement in their health care.

PLAN



Planning is important to ensuring a smooth transition. Work with the young person and their family/carers to write a transition plan and give them a copy for future reference.

Ensure that the young person has a regular GP who can be included in the transition process.

It may be useful for you to know what adult health services are available to help the young person make a decision.

Things to consider when planning transition include My Health Record, referrals required, guardianship orders, NDIS plans, and medication management.

Obtain consent from the young person and their person responsible before sharing this plan.

PREPARE/GET READY



Gather all relevant information in preparation for the young person's handover to adult health services. Prepare a handover letter to accompany this information.

Consider additional supports that the young person or their family/carers may require e.g. mental health, sexual and reproductive health, or NDIS specific information.

Confirm that the young person and their family/carers have all the information they need about adult health services. Speak with them about privacy and consent.

Discuss when they will begin accessing adult health services. A staged approach may be required.

TRANSITION/MOVE



Assess the young person's readiness to start accessing adult health services. Consider any adjustments that need to be made.

Agree on the period of time over which the move to adult health services will take place.

With the young person and their 'person responsible's' consent, connect with their adult health services to facilitate the handover. Answer any questions these services may have.

GPs play an important role in supporting the ongoing care of people with intellectual disability. Provide the young person's GP with a summary of transition information.

Ensure the young person and their family/carers know who they can contact regarding their health moving forwards.

← young person moves throughout stages between ages 15-25 →