



Preparing to move to adult health services

Things you can do to prepare to move to adult health services



Write down questions that you want to ask your healthcare team.

Look up information about the adult health services you are moving to. This could include:



address



phone number



names and photos of healthcare workers



services they provide



ways to make an appointment (online, via phone, in person)



cost of appointments



You may decide you would like to visit the adult health service with your family/carers to look around before you make the move.

Speak with your family/carers about where you will keep your health information. This could include:



My Health Matters folder



health passport



health app on mobile phone



or a different way that works best for you.

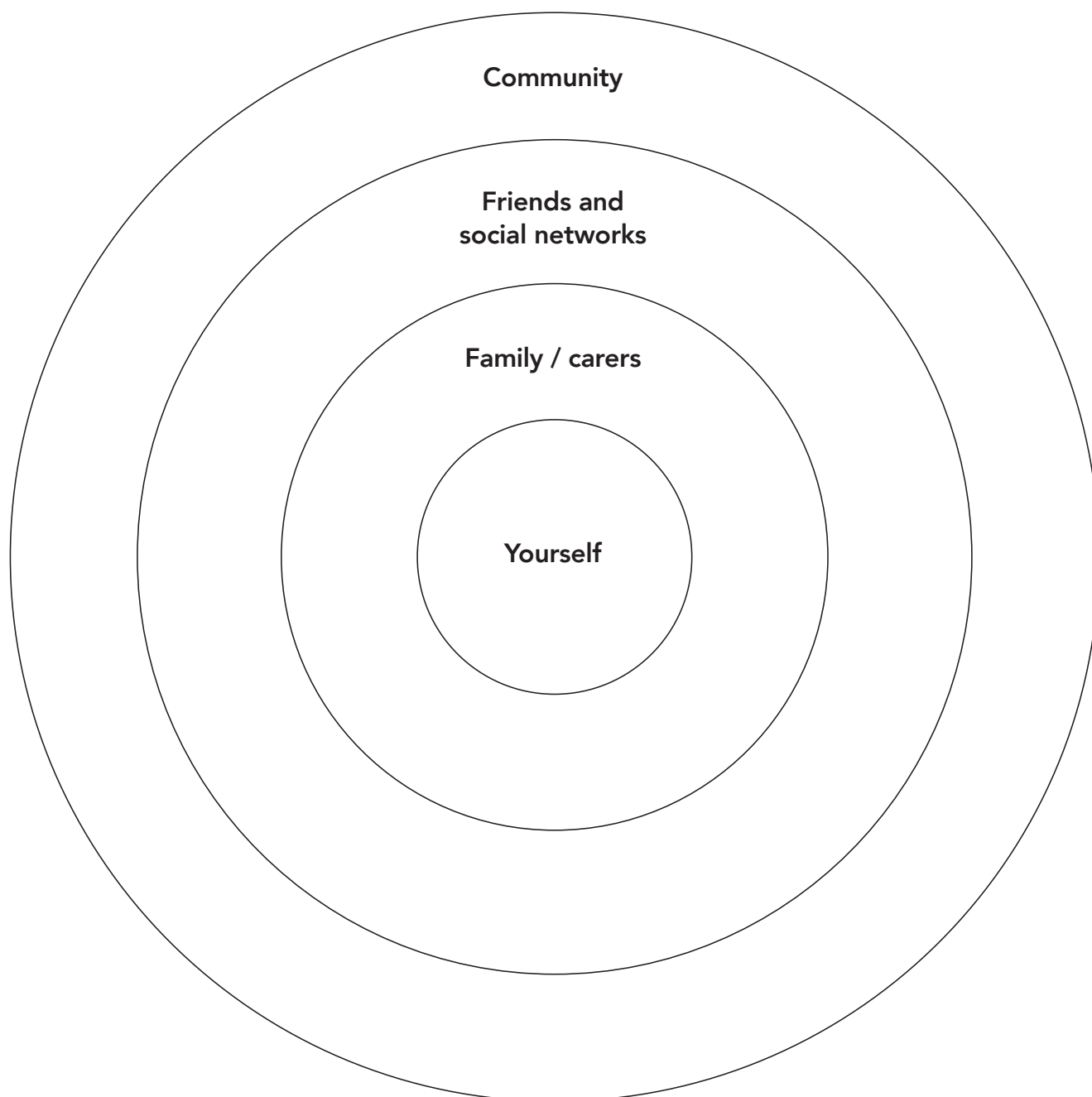
It is OK to get help to do these things.



Things you can to do prepare to move to adult health services



Identify people who can support you during the move to adult health services.



Speak to your healthcare team and family/carers about how you feel about moving to adult health services.

It is OK to get help to do these things.

