

## **Transition to adult services**

As you approach adulthood, whilst everyone's individual health needs will be met slightly differently, your healthcare will move from being provided by Paediatric Services to Adult Services. Depending on your circumstances, this may have happened already, and in some instances, you will not be quite ready to move over yet. The process is called 'transition' and although you may not realise it, it will be something that your healthcare providers have been thinking about and planning for a while.

Transitioning from child to adult health services is a time of change for a young person and their family. This leaflet is designed to provide some information about the process within Physiotherapy and Occupational Therapy locally, and the practicalities surrounding transition.



## **Agreeing/Consenting to Treatment**

As you get older you are likely to take more responsibility for your own treatment and you may have already begun making your own decisions about some of your healthcare. Generally, during your time in children's services, your parent or legal guardian will have made decisions on the best treatments for you. As you move towards adulthood you will start to make your own decisions, but you can still be supported by your family and carers. The healthcare professional responsible for your care can also support you in coming to your own decisions. If you are unable to make these decisions, there is the option for the healthcare professional to provide you with additional support to ensure any decisions and treatments are always made in your best interests.

## Leaving the Paediatric Physiotherapy/Occupational Therapy Service

As you leave the Paediatric Physiotherapy/Occupational Therapy Service, you will be discharged to the care of your GP, which may be before, or at the time you leave school. Your GP will receive a discharge report explaining your previous physiotherapy/occupational therapy input and any other relevant information that they may need in the future. We hope to have given you all the information you will need to manage your condition, but please do not hesitate to contact your therapist(s) if you feel that you need any additional information.

You may find that in the future your condition changes and you feel that you need further therapy input. If this is the case, please speak with your GP who will be able to refer you to the most appropriate service.

**The information below regarding specific aspects of care may or may not be applicable.**

### Orthotics



As you prepare to leave paediatric services, we hope to ensure that you have the correct orthotics that you will continue to need. Once you reach adulthood and have stopped growing, you will not need to replace orthotic equipment as often as you did when you were younger. When you feel that your orthotics are becoming old and worn out then speak with your GP who will be able to refer you to your local orthotics service.

### Wheelchair Services

If you have wheelchair requirements that are currently met by Wheelchair Services then you will remain under their service:

Central Cheshire Integrated Care Partnership (CCICP)  
Wheelchair Unit

**Telephone: 01625 663345**

Ellesmere Port Wheelchair Unit

**Telephone: 0151 357 1070**

If your wheelchair needs a repair, contact Rosscare -

**Telephone: 0151 653 6000**

If you do not have a wheelchair, but in the future, your needs have changed, then you should contact your GP to discuss your situation further.



## Standing Frames



Standing frames currently on loan from the Paediatric Physiotherapy Service will be returned to the service for use by other children. If you have adequate space, facilities and support at home and the ability to maintain the cost of its upkeep, you may feel that using a standing frame is something that you wish to continue with. If so, your Physiotherapist can provide you with details of how to purchase one yourself or be able to signpost you to charities that could support you with purchasing one.

If you use a standing frame from ORLAU this will continue to be managed by their service.

The telephone contact for ORLAU is: **01691 404532**

## Walking Equipment

Any walking equipment that has been provided will remain with you on discharge. If these pieces of equipment require repair or maintenance, contact Rosscare -

Telephone: **0151 653 6000**.

If you feel that your level of mobility and needs have changed, contact your GP who may refer you for a therapy assessment.



## Charity funded equipment

Maintenance of equipment such as wheelchairs, walking aids or standing frames that have been charity funded will need to be managed by yourself in liaison with the provider.

## Other equipment at home

Equipment (for example specialist seating, beds, bathing equipment) which has already been provided by either CCICP or Local Authority Occupational Therapy Services is managed by Rosscare - **Telephone: 0151 653 6000**.

If a review or assessment is required, self-refer to the Local Authority Occupational Therapy Teams

West Cheshire Community Access Team - **Telephone: 0300 123 7034**

Cheshire East Occupational Therapy Team - **Telephone: 0300 123 5010, Option 2**