

My Life, My Future Adolescent Plan



Transition- Knowledge
and Skills in Healthcare

This plan will help me with my transition knowledge
and skills in healthcare
(All discussions should be developmentally appropriate)



Date		Filled in by	
Clinic		Patient No.	
Name		DOB	Age
School/College			Year
EHCP Y <input type="checkbox"/> N <input type="checkbox"/>		Key Contact	
My Family Members			
People at the hospital who help me		People at school who help me	
Other people who help me		Anyone else? (Don't forget your pets)	

Version 2 March 2023

Adapted from Scholl C, Dancyger F, Parsons M, et al. The transition pathway: 2005, by Marie McGee Transition Care Co-ordinator, BWC 2012. Images from T-KASH Transition - Knowledge and Skills in Healthcare, created by young people with lived experience 2016, updated February 2023, Alstrom Syndrome UK, www.alstrom.org.uk



Me, My Life, My Family

Things I like doing, my dreams, my wishes, getting on with people at home

I am good at...

What I like to do...

With my family I...

My hopes and dreams...



What you want to happen now and in the future:

Get a job, Get married, Go out with friends, Share a house with friends. What is your favourite day? Your dreams?



My Culture, My Beliefs

How I live my life through things like; my language and religion, the food I eat, clothes I wear and music I like

- **Home language**

- **Food**

- **Clothing**

- **Music**

- **Religion**

Discuss

Sharing your culture and beliefs helps healthcare staff to know what is important to you



Growing Up Wise

Opening a bank account, managing money on a budget, planning my time, knowing where to go for more information



Knowing how to manage money -

having your own bank account – pocket money, budgetting, saving, spending



Keeping Safe

Telling someone if I'm being bullied, being safe online, looking after myself when I'm out with my friends

	I can do this	I need some help
I know how to keep myself safe when using the internet		
I know how to keep myself safe on social media e.g. Cyber bullying		
I know who to talk to if I have any safety worries		



Anti bullying, school support, who can help you?

Who are your friends? What is an online friend? (someone you have not met in real life).



Fun and leisure

Going out with my friends, doing things I like, having a laugh



Friends - Who are your friends? How do you keep in touch? Where do you go for fun? How do you get there? What hobbies do you have?



My Emotions

Looking after my emotions, knowing who to talk to and where I can go for help. Knowing how to cope with emotions like anxiety and anger.

What helps you to feel better ...



Feelings, Who can help you? Who do you talk to? How do you manage your emotions?



Speaking up for Myself, Making Decisions

Asking my own questions, seeing healthcare staff on my own, understanding my rights and responsibilities, making my own decisions

	I can do this	I need some help
Prepare your own question/s - on phone, paper, school planner		
Ask own questions		
See a team member on your own		



Confidentiality, consent, duty of care, decision making and capacity

My communication style



How should people communicate with you?

Creative communication methods, clear instructions, more time to talk.



Health, Relationships, and Lifestyle

Healthy eating, exercise, shopping, cooking, getting around safely where I live, relationship education, including what is safe to do in a relationship

	I can do this	I need some help
I know about my health care plan in school		
I know about healthy eating		
I know about taking regular exercise		
I know about my body changing as I grow up		
I know about having a boyfriend/girlfriend		



Friendships, Relationships, Sexual Health

	I can do this	I need some help
I take part in house hold tasks		
Make a snack		
Make a meal		
I can dress/undress without help		
I can wash without help		
Get on with family members		



Getting around at home, getting around my local area

Mobility support, making a snack, making a meal, washing, dressing, household tasks, functional skills, personal care.



My Medical Condition/s

Being able to talk about my condition/s, describe how it affects my body, knowing why I take medication and what it does

	I can do this	I need some help
Look after my body		
Know what medication to take		
Knowing why I take it		
If I don't feel well I...		



How does your condition/s affect your body? What do I do if I don't feel well? What do you know about your medication? Who/what helps you if you don't feel well?



Genetics and Me

Understanding my genetics and how genes are passed on



What are genes? What does heredity mean?



Transfer to Adult Services

Planning, and preparing for big changes in my routine including transferring into adult services, taking more responsibility for myself

1. What adult hospital will I move to and where is it?
2. When will I transfer to my adult hospital?
3. Will I have an orientation visit (OV) to my Adult hospital?
4. Who will organise my OV and when will it be arranged?

Discuss

Being prepared for transfer to Adult services

Sharing information with the adult team, settling in to adult services



Planning My Future

Becoming more independent, getting a good education, volunteering, finding work, developing life skills, having the best life possible

Discuss

Who can help you with your options? Getting organised, homework, revision, exams. Who can give you careers advice?



Planning My Future

Becoming more independent, getting a good education, volunteering, finding work, developing life skills, having the best life possible



Post 16 and Post 18

College options - university, apprenticeships - getting into the world of work



Transition Plan

Parent/Carers Support



Social Care support
Signposting to other services