

Your child's transition from children's allergy services to adult services

This leaflet provides information about your teenage child's move from children's allergy services to adult allergy services.

What is transition?

Transition is the process of preparing, planning and moving your teenage child from children's services to adult services, which may be hospital or GP based.

Moving to adult services is a natural step and it is important for your child to develop independence in their health care as they do in other aspects of their life at this age.

We will start talking to your child, and yourself, about transition from 13-14 years of age. Transition to the adult service will normally happen when they are 16-18 years old.

As a parent or carer you will have to cope with your own challenges as you encourage your child to look after their own health care and become independent.

What challenges will I face during this transition?

When your child begins this transition you may face a number of challenges, such as

- getting used to your child seeing the doctor or nurse on their own for part of the visit
- your role changing from managing your child's care to becoming more of a support
- feeling excluded or 'out of the loop' as your child takes on more of their own care
- concern about your child's readiness to transfer to adult services
- adjusting to adult services and a different environment
- developing confidence in your child's new medical team.

We will work with you throughout your child's transition process to help you to

- encourage your child to take charge of their own health
- take a step back from managing your child's health to supporting them to do this
- pass your knowledge about your child's allergy to them
- encourage your child to talk directly to their health team.

If you have any concerns please discuss them with the team caring for your child. Please note, we have also provided your child with a leaflet to help them understand the transition from children's services to adult services.

Contact us

If you have any questions or concerns about your child's transition from children's services to adult services, please contact the allergy service on:

t: 020 7188 3300 for children's services or, to book a telephone call with the allergy nurse, please access the link: **w:** www.zesty.co.uk/practices/childrens-allergy-nurse-helpline

t: 020 7188 5830 for adult services

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

Leaflet number: 4177/VER1

Date published: January 2019

Review date: January 2022

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A list of sources is available on request