

Transition: Getting ready to move on to Adult Continence Services



What is transition?

In health care, we use the word 'transition' to describe the process of planning, preparing and moving on from children's health care to adult health care. This is a gradual process and gives everyone time to talk about what continence care you will need as an adult.



When will I move to adult Continence Services?

Young people move to an adult Continence Service aged between 18 and 19 years old. You can ask your children's Continence Nurse when you will be making the move. Enough time will be allowed for the transfer to make sure you feel ready. The adult Continence Service you move to will have a number of clinic locations around the county in which you live. We will aim to see you at the closest clinic to your home.

Why do I need to move on?

As you grow into a young adult, an adult service will be the best service for you to get the care that is right for your needs. Children's services staff are experts in caring for babies, children and teenagers. Staff in the adult services are experts in caring for young adults, adults and older people. You may feel you have grown out of the children's services by the end of the transition process and be glad to move to a more grown up setting.

We understand that moving to a new service at a new location and leaving the staff you have got to know over many years can be difficult. We aim to make the transition as smooth as possible, helping you to settle into the new service with minimum disruption.

<p>Working in partnership Great Western Hospitals NHS Foundation Trust Royal United Hospitals Bath NHS Foundation Trust Salisbury NHS Foundation Trust</p>	<p>Follow Wiltshire Health and Care on social media:</p> <div style="text-align: center;">   </div> <p style="text-align: right;">@WiltsHC_NHS Wiltshire Health and Care</p> <p style="text-align: right;">www.wiltshirehealthandcare.nhs.uk</p>
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Will the adult service be different?

One of the main differences between children's and adult services is the amount of independence you will be given. This means making decisions about your continence needs; and being able to explain the bladder and bowel symptoms you experience and how they affect you on a day to day basis. You can be supported by the continence nurses in making these choices and are welcome to involve your parents/carers in this. During appointments Continence Nurses will spend more time talking to you rather than your parents and you will be asked to make decisions about your own health needs. Being in adult services involves working with the Continence Nurses to keep yourself well and managing your own condition.

Who can help me get ready?

Your parents and carers have been really important in looking after your health and will be able to give you lots of helpful advice. It a good idea to talk to your parents/carers about how you are feeling about moving to the adult Continence Service and how to get more involved in looking after your health. Whilst you are preparing to move to adult Continence Service, your parents/carers will still be involved in your healthcare and still have an important role. Speak to your children's Continence Nurse prior to the joint meeting with the adult Continence Nurse so you know what to expect.

What else can I do to get ready?

- Keep important phone numbers and appointment dates in your mobile phone, calendar or diary.
- Learn about your condition and treatments.
- Keep a record of the continence products you use and how many you use a day.
- When you agree to a treatment plan with the Continence Nurse make sure you follow it properly.
- Find out who to contact if there are any changes in your condition, that mean you need to get urgent help.

Contact details.

Wiltshire Continence Service
Central Health Clinic
Avon Approach
Salisbury
SP1 3SL
Tel: 01722 323196

Safeguarding

Wiltshire Health and Care has a strong commitment to care that is safe, of a high quality and that upholds our patients' rights. All our patients have the right to live lives free from abuse or neglect and, where they are able, to make or be supported to make informed decisions and choices about their treatment, care and support. Where patients are not able to make their own decisions, Wiltshire Health and Care staff are committed to ensuring that treatment, care and support is undertaken in accordance with the person's best interests. In order to fulfil these commitments, Wiltshire Health and Care follow the Safeguarding principles and responsibilities laid out in Sections 42-46 of the Care Act (2014) and are informed by, and apply, the guiding principles and provisions of the Mental Capacity Act (2005).

If you or your carer have any concerns about abuse, neglect or your rights in relation to care provided by Wiltshire Health and Care or any other agency or individual, please raise this directly with any Wiltshire Health and Care staff or contact the Safeguarding Adults Team by telephone on: 0300 4560111.

Regarding children, WHC is responsible for providing services in accordance with Section 11 of the Children's Act (1989) and works under the principles of Working Together to Safeguard Children (2018).

Patient Advice and Liaison Service (PALS)

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 1237797 and PALS.wiltshirehealthandcare@nhs.net

Patient and Public Involvement

We value your opinions which will help us to further develop our services.

If you wish to provide feedback or get involved in our patient participation groups, please email the Patient and Public Involvement Officer at ask.wiltshirehealthandcare@nhs.net or telephone 01249 454386.