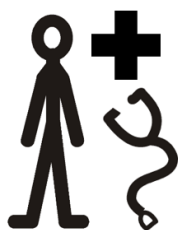


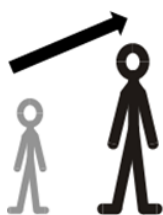
# Moving into adult health services



This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document tells you about moving into adult health services.



Moving from children's services to adult services is often called **transition**. This is when you move from childhood to adulthood.



It is important that you have the right information at the right time, to help you prepare for adulthood and your transition into adult services.



You should know what to expect when moving to adult health services and what support you need to do this.



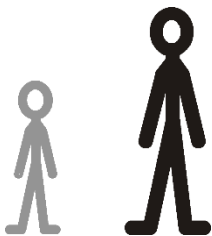
It is important that you and your family feel supported to learn about these changes.



It is important that you know how you can become as independent as possible when accessing adult health services.



The care you get must be right for your age and needs as you grow into an adult.



If you still see a nurse or therapist, you might need to move to an adult service when you are 16 to 19 years old.



You might stay in children's services longer, until you are between 19 to 25 years old, depending on which team you see.



Some people may just see a nurse or therapist for a few appointments then go back to seeing their GP for health advice.



You can find an easy read guide here – [Preparing for Adulthood Transition.](#)

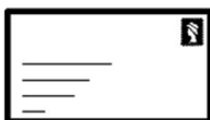


There is more information on the NHS website on [Preparing for Adulthood and Transition.](#)

## Differences from when you are 16 years old



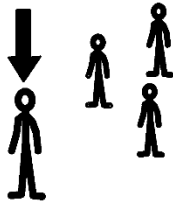
These are some of the main differences that you can expect in health services from your 16th birthday:



- Letters can be addressed to you instead of your parents or guardians.



Sometimes if people don't understand (don't have capacity), letters might still be addressed to parents or guardians.



- You might be asked if you want to go into appointments on your own.



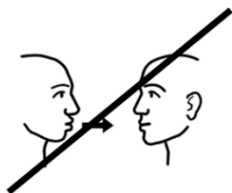
You can still have support from your family or carer if you want it.



- Once you are 16, you can agree to examination or treatment just like adults.



People providing healthcare do not then have to ask your parents or guardians for consent as well.



Your conversations will be private unless you choose to include your parents or guardian.

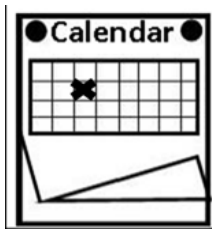


If you do not want to, you do not have to make decisions about any treatment on your own.



Professionals, family members and anyone else who usually supports you will be able to help you as they have always done.

This is called **Shared Decision Making**.



- You can make, cancel, or rebook your own health appointments unless you tell someone else they can do it for you.



Some people will need help as they cannot do this by themselves.



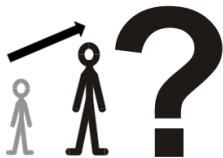
- You will still be given information to help you make decisions about your healthcare.



Healthcare professionals will give you help and advice for 'Shared Decision Making'.



- The age that children's health services finish and adult health services start is different depending on where you live and what service you get.



In some areas, adult services start when you are 16 years and in others they start at 18 years or older.



It is a good idea to find out what age this happens where you live.



If you are unwell or have an accident and need to go to hospital, you might be on a children's or an adult ward depending on where you live.



- If you get support from a Children and Young People Specialist Service and need to transfer to adult care, your nurse or therapist will give you more information before this happens.



You can find an easy read guide here  
– [Preparing for Adulthood Levels of Care/Difference in Healthcare.](#)

## Your rights and legal changes



When you turn 16 years old the law says you can make your own health decisions.



But you don't have to make decisions about health and treatment on your own if you don't want to.



Professionals, family members and anyone else who usually supports you are still allowed to help you.

This is called **Shared Decision Making**.



Special rules in the Mental Capacity Act apply if a doctor or professional think someone cannot make decisions on their own.



The rules in the Mental Capacity Act will always be followed by doctors and other professionals.

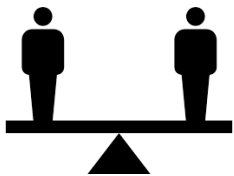


There is an NHS easy read guide about [Preparing for Adulthood Legal and Financial Changes from 16 years old.](#)

## Reasonable Adjustments



Everyone with a disability should get the same access to healthcare and treatment as everybody else.



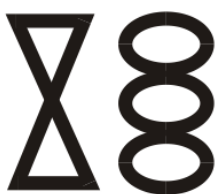
The law says that 'reasonable adjustments' should be put in place to help people to be treated equally.



Reasonable adjustments are simple changes made by hospital staff.



This could be the way that they treat you or different things you need when you are in hospital.



Every person is different and will need different things. Examples of reasonable adjustments are:



- Doctors who speak using clear and simple words.



- More time with a doctor.



- Having a quiet place to wait.



- Information in easy read.



- Having support workers or family members with you.



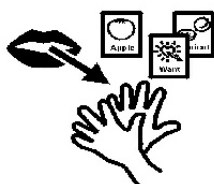
- Having an appointment at a time which is better for you.



Mencap has an [easy read guide to The Accessible Information Standards.](#)



[CHANGE](#) has a communication card and lots of other resources that you can download from their website.



You can use the communication card to tell people your communication needs.

## Annual Health Check



If you are over 14 years old and have a learning disability you can probably have an Annual Health Check.



You can have an Annual Health Check from your doctor once a year.



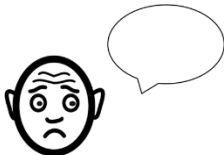
Your doctor will look at how you are doing and make sure you are healthy.



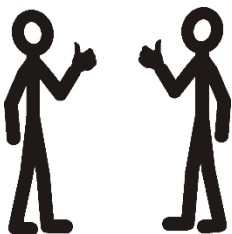
[There is a video on our webpage about the Annual Health Check.](#)



You can ask your doctor if you can have an Annual Health Check.



You don't need to be ill to have the health check, and you can talk to your doctor about anything that is hurting you or worrying you.

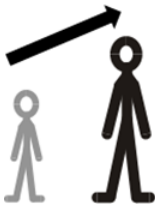


When you have an Annual Health Check it helps you and your doctor get to know each other better.

## Continuing Care Packages



If you have Children's Continuing Care, the team will refer you for an assessment by Adult Continuing Healthcare on your 16<sup>th</sup> birthday.



Social Care and health staff will help you transition (move) to adult services.



You, and/or your parent/carer, should be told about these transitions and be given contact details for anyone new who will be involved in your care when you are an adult.



The Children's Continuing Care team will arrange a meeting with people involved in your health care support within 1 month of your 17th birthday and a transition plan will start.



You should be told if you can get Adult Continuing Healthcare at least 6 months before your 18th birthday.



Any changes to packages of care must be ready for your 18th birthday.



If you get Continuing Healthcare funding, social care funding will stop from when you turn 18 and a health case manager would organise your support/services.



A Paediatrician will discharge you to a GP or an Adult specialist team (unless you are continuing in a Specialist School).



If you get funding from Continuing Care, you can ask about transition arrangements.



You can read more information from the NHS about [Personal Health Budgets](#).

## Where can I get help?



You can [contact Ask Us Nottinghamshire](#) for information, advice or support.



The Ask Us Nottinghamshire service is here to help with a range of issues.



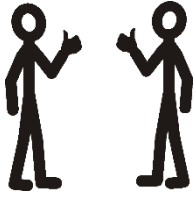
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



- Phone: 0800 121 7772

## **Links in this document**

### **Easy read guide- Preparing for adulthood transition**

[nottinghamshirehealthcare.nhs.uk/download.cfm?doc=docm93jijm4n9488.pdf&ver=17109](http://nottinghamshirehealthcare.nhs.uk/download.cfm?doc=docm93jijm4n9488.pdf&ver=17109)

### **Nottinghamshire Healthcare- Preparing for adulthood and transition**

[nottinghamshirehealthcare.nhs.uk/pfa-and-transition-what-is-it/](http://nottinghamshirehealthcare.nhs.uk/pfa-and-transition-what-is-it/)

### **Easy read guide- Preparing for adulthood- levels of care/differences in care**

[nottinghamshirehealthcare.nhs.uk/download.cfm?doc=docm93jijm4n9486.pdf&ver=17106](http://nottinghamshirehealthcare.nhs.uk/download.cfm?doc=docm93jijm4n9486.pdf&ver=17106)

### **Easy read guide- legal and financial changes from 16 years old**

[nottinghamshirehealthcare.nhs.uk/download.cfm?doc=docm93jijm4n9487.pdf&ver=17104](http://nottinghamshirehealthcare.nhs.uk/download.cfm?doc=docm93jijm4n9487.pdf&ver=17104)

## **Mencap easy read guide to the Accessible Information Standards**

[mencap.org.uk/sites/default/files/2017-04/AIS%20MENCAP%20FINAL%20SC.pdf](https://www.mencap.org.uk/sites/default/files/2017-04/AIS%20MENCAP%20FINAL%20SC.pdf)

## **CHANGE resources**

[changepeople.org/resources](https://changepeople.org/resources)

## **Ask Us Nottinghamshire Young People's Zone- Moving into Adult Health Services**

[askusnotts.org.uk/young-people/moving-into-adult-health-services](https://askusnotts.org.uk/young-people/moving-into-adult-health-services)

## **NHS Personal Health Budgets**

[notts.icb.nhs.uk/your-health/personalised-care-2/personal-health-budget/](https://notts.icb.nhs.uk/your-health/personalised-care-2/personal-health-budget/)

## **Contact Ask Us Nottinghamshire**

[askusnotts.org.uk/contact](https://askusnotts.org.uk/contact)

For plain English web page version of this information, go to:

[Moving into Adult Health Services - Ask Us Nottinghamshire](https://askusnotts.org.uk/young-people/moving-into-adult-health-services)

<https://askusnotts.org.uk/young-people/moving-into-adult-health-services>

This easy read was first published 14 April 2026.  
This information was last updated 14 April 2026.