

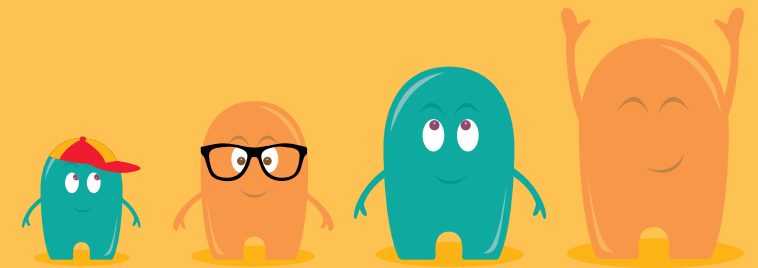
## What will be different in the Adult Services

You will have support to make decisions about what you do in the day, things you like to do, where you live, money and being healthy. You will be more responsible for your own healthcare, however a relative, friend or carer can go with you when you see a health care worker.

Learning Disabilities and Mental Health Team  
Centenary House,  
Heritage Park,  
55 Albert Terrace Road,  
Sheffield, S6 3BR  
Telephone: 0114 226 2788



[www.epicfriends.co.uk](http://www.epicfriends.co.uk)

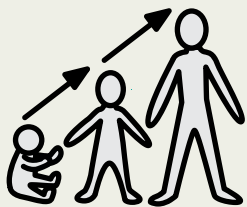


# Transition

Getting ready to move  
on to Adult Services

Information for young people  
with learning disabilities

Learning Disabilities and Mental Health Team  
Sheffield Children's NHS Foundation Trust  
Centenary CAMHS



## What is Transition?

When you are 16 to 18 years old, the LDMH team will start to talk about something called transition. This means 'change'.

It is what happens when plans are made to support you as an adult.

When you are 18 your healthcare may be provided by a new team of people called the Adult Learning Disability Service.



## Who is involved in Transition?

- Your Mum and Dad
- Staff from the LDMH Team
- Staff at the Adult Service
- **You**



## What happens?

There will be a meeting when the people who look after you at CAMHS will talk to the staff from the adult service.



## Questions you might like to ask

When will I move to adult services?

What is different about the adult service?

When can I meet the staff in the adult service?

Can I visit the adult service to look around?