



# Useful tips

## Transition to adult health services

The following tips may be useful in preparing you for your move to an adult health service:



TIPS	WHY
Start seeing your doctor and health professionals on your own	<ul style="list-style-type: none"> <li>• More privacy</li> <li>• In the adult world clinicians will want to see you on your own</li> </ul>
Take 5 minutes before your appointment to think about what you want/need and questions to ask – write them down	<ul style="list-style-type: none"> <li>• Helps you get what you want in the time that you have</li> </ul>
Start talking with your health team about transition and set goals for what you want to achieve	<ul style="list-style-type: none"> <li>• So you know what will happen when you leave</li> </ul>
Learn more about your health condition and how it affects you	<ul style="list-style-type: none"> <li>• This will help others understand you better</li> <li>• It will help you become more independent</li> <li>• It will free you to live your own life</li> </ul>
Know what treatments you are on and how they interact with alcohol and drugs	<ul style="list-style-type: none"> <li>• So you know how to look after yourself</li> <li>• To prevent you from getting into trouble</li> <li>• Staying in control of your life</li> </ul>
Use your smart device to store your health information	<ul style="list-style-type: none"> <li>• Your adult health team may ask for it</li> <li>• It will help your adult health team understand you better</li> </ul>
Know the names and phone numbers of your health team and their role in your care	<ul style="list-style-type: none"> <li>• So you know who to contact and when</li> <li>• Helps you stay organised and on top of things</li> </ul>
Use your phone calendar to help organise your time	<ul style="list-style-type: none"> <li>• So you don't forget important things like appointments and taking your medicine</li> </ul>



TIPS	WHY
Download apps that can be useful for you	<ul style="list-style-type: none"> <li>• Easy access to support services</li> <li>• Helps you stay organised and on top of things</li> </ul>
Start making your own appointments and organise any tests	<ul style="list-style-type: none"> <li>• Keeps you in control of your own life</li> </ul>
Find a supportive and trusting youth friendly GP	<p>Your GP is your most important health professional:</p> <ul style="list-style-type: none"> <li>• the first person you contact when you're unwell</li> <li>• your coordinator of care and referrer to health services.</li> </ul>
Get to know your local pharmacy and when you need to get new medications/scripts	<ul style="list-style-type: none"> <li>• To keep you well</li> </ul>
Know how to get to your appointment	<ul style="list-style-type: none"> <li>• So you can be relaxed and in control on the day of your appointment</li> </ul>
Know how to cancel or reschedule an appointment	<ul style="list-style-type: none"> <li>• Someone else can have the appointment if you can't make it</li> <li>• You can reschedule to a time that's good for you</li> </ul>



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Produced by: CAHS Transition to Adult Services  
Ref: 1159 © CAHS 2019 Revised 2022

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