

Moving from children's to adult healthcare services



Llywodraeth Cymru
Welsh Government

Becoming an adult isn't just an event – it's a process with lots of decisions and changes.

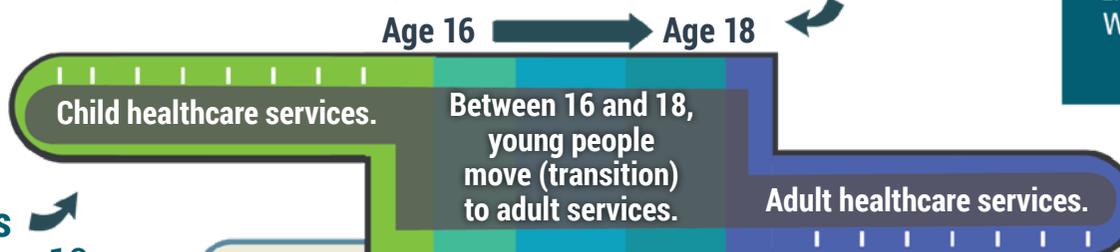
If you're getting support from child healthcare services, the move to adult services is part of this process.



Planning starts when you're around age 13

At 16 you can consent to your healthcare.

At 18 you legally become an adult.



You're not alone – you'll have support from a named worker

You get to **choose** who your named worker is – a nurse, your doctor or a health professional or someone else you know and trust.

They will support and help you arrange your healthcare plans and have a say in decisions.

They'll also make sure everyone is involved including your family, your healthcare team and other services like social services and education.



They'll help you develop your **Transition and Handover Plan**

Your plan will **include** lots of information about your healthcare needs, treatment and who is responsible for what. It will also include a **timeline** of what's happening and what's important to you.



The plan works like a passport, so you don't have to keep repeating your details over and over again.



To find out more go to:
gov.wales/transition-and-handover-childrens-adult-health-services

