

Ooh-tips!

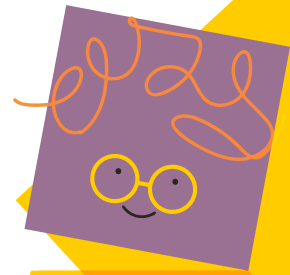


TIPS

and

ideas

to help you get ready for your transition



What are the most important things to think about when you're getting ready to move from paediatric to adult care? We asked some young people with CF who have already made the move or are on their way, and some experienced CF team members, to share their tips for a smooth transition.

Start talking about transition early.

This should give you lots of time to ask questions and talk through your worries (if you have them!)

What parts of your CF do you not feel confident with? Maybe it's remembering which medicines to take or knowing how much fat to get into your diet. Speak to your parents and CF teams about how they can support you with these things.

Ask your paediatric team if you can visit your adult team. This will help you get to know them, and you'll hopefully be able to have a look around the centre while you're there!

If you're used to having your parents with you at your appointments, at your next one **why not try having a short part of the appointment on your own?**

If your parents have always taken care of your medication, **start getting involved** by organising your meds for the week or ordering repeat prescriptions on your own.

Try talking to your parents about how you feel about moving to adult care. It's a change for them too, so by finding out how they're feeling you might be able to work through your worries together.

Remember that **moving into adult care doesn't mean you can't get help** from your parents or friends. You can bring them to your adult appointments just like you did before if you need their support.

Let your paediatric team know how they can improve the transition process for you.

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