



MOVING FROM CHILDREN'S HEALTH SERVICES TO ADULT HEALTH SERVICES

Known as the Health Transition

Health Transition – What Happens After Oaklands School?

Moving on from children's healthcare services to adult services can feel confusing and overwhelming. Many parents and carers tell us they're unsure who to contact after their child graduates from Oaklands School.

At Oaklands, many children and young people have complex needs and are supported by different health teams. Often, they have a named consultant for each condition or area of need. **This changes when a child becomes an adult.**

Here's what you need to know about healthcare after your young person graduates from Oaklands:

- **Your GP becomes your main contact.** After leaving school, your young person's GP will be the first person to go to for any health concerns.
- **To see a specialist (like Neurology or Cardiology), you need a referral from the GP.**
- **Not all children's services have an adult equivalent.** Some services may stop completely, and others may change in how they work.
- **Adult services usually work differently.** Most adult patients don't have a named consultant. Instead, they see specialists only when needed.
- **Some children's teams will refer your young person to an adult service.** Some examples are listed on the right.
- **Each health team has its own way of managing transition.** Some will move a young person to adult care at age 16, and others wait until age 18 or until the child leaves school. Each team should inform you about the way they manage transition.



Examples of some health services and their adult equivalent:

- Respiratory Physiotherapy → Home Ventilation Team
- Occupational Therapy → Social Care Direct
- Physiotherapy → Adult Learning Disability Physiotherapy Team
- Speech and Language → Adult Community Speech and Language Therapy Service
- Community Learning Disability Nurses → District Nurses
- Scottish National Spine Service → Service does not change
- Key Comm → Service does not change
- Wheelchair Services → Service does not change
- Orthotics → Service does not change