

## Other languages

This leaflet can be translated and provided in other languages on request.

We can also provide the information in other formats including Braille, large print and as a recording. Please contact us if you need help.

Our website [www.manchesterlco.org](http://www.manchesterlco.org) also has this information online and can be automatically translated or read in Browsealoud.

## Compliments and complaints

If you have any suggestions, comments, compliments or concerns about the services you have received, the **Patient Advice and Liaison Service (PALS)** team are here to help.

Whether you are a patient, a relative, friend or carer, they will listen to your concerns, help make your voice heard and liaise with the relevant staff to sort out any problems quickly.

The PALS team are part of our host organisation Manchester University NHS Foundation Trust. You can contact the team by email at [pals@mft.nhs.uk](mailto:pals@mft.nhs.uk) or call **0161 276 8686**.

## Who provides this service?

This service is provided by Manchester Local Care Organisation (MLCO). MLCO is the organisation that provides NHS community health and adult social care services in the city. **Find out more about MLCO at [www.manchesterlco.org](http://www.manchesterlco.org)**

## Contacting us

### Opening times

Our service is available 5 days a week:

- Monday to Friday 8:30am to 4:30pm

You can contact us by phone or email

 **0161 248 1257**

 **[mft.specialneedsschoolnurses@nhs.net](mailto:mft.specialneedsschoolnurses@nhs.net)**

In case of a medical emergency please contact 111 or 999.

### You can write to us at

#### Children's Special Needs Nursing Team

Longsight Health Centre  
526-528 Stockport Road  
Longsight  
Manchester  
M13 0RR

### Social Media

Follow us on Facebook for up to date information on services and resources:  
**[www.facebook.com/McrChildrensnns](https://www.facebook.com/McrChildrensnns)**

### Notes or specific contacts

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# Children's Special Needs Nursing Team Transition

## Service information leaflet



Your journey of transitioning to adult services begins now. This leaflet from the Special Needs School Nursing Team will help you to start thinking about what transition means for you.

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## What is transition?

Transition occurs at many times throughout our lives. There are key transition times including starting school around the age of 4 years and then moving to high school at 11 years and the transition to further education at 16 years.

This information leaflet is designed to discuss the transition to Adult Health Services which happens around the age of 18 years.



## Why am I receiving this now? I am only 14 years old.

We like to discuss transition to Adult Health Services early to prepare for the change. You might have questions which need to be answered early to ensure you have as much preparation as you need at the point of transition.

## What services are available to me?

### GP

From the age of 14 you are entitled to attend a health review at the GP practice you are registered with. This is a positive step towards transition as your GP will be your main health provider and needs to understand your health conditions.

### Adult Learning Disability Team:

The Adult Learning Disability team consists of many professionals including Nurses, Physio, OT, SLT and Psychologists. They can support you throughout the transition phase and into adulthood.

### Other specialist health services:

There may be other specialist services which you attend, these teams will discuss transition with you individually and ensure your care continues with the right professionals.

### What next?

It is good to be prepared. You may have questions that you want to be answered early to reduce any worries.

## What do I need to know

Have a look through this list and tick or cross if you think you are able to complete each question.

If you want any additional support then please ask to see your school nurse.

- I can describe my condition. This means you know why you are seeing your doctors, nurses or therapist.
- I know about my medicines and treatments.
- I know who looks after me and my condition, eg doctor/nurse etc.
- I know where to go or who to ask if I need help with my health.
- I know what equipment I need and who maintains it.
- I know I can ask my own questions in clinics.
- I know what choices to make to stay healthy, eg diet and exercise.
- I can look after myself at home like dressing and washing myself.
- I can make my own meals and snacks.
- I know what I want to do when I leave school.
- I know who to talk to when I feel sad or fed up.

If you have any questions write them below and share them with your school nurse.

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