



TRANSITIONS

A guide to the
process and
what to expect

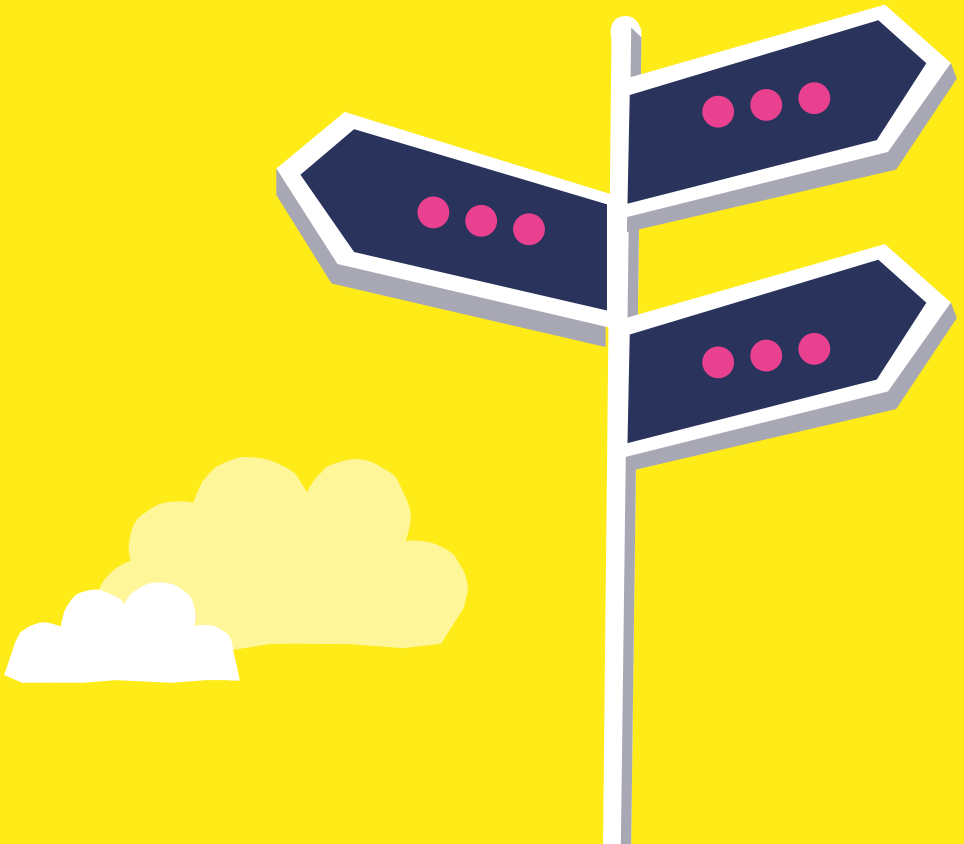


Claire House
CHILDREN'S HOSPICE

This booklet has been designed in collaboration with some of our young people and their families who have gone through the transition process into adult services.

Transition is the process whereby you move from children's services into adult services. It can be complex and time consuming but with the right preparation and involvement from the right professionals, it can run smoothly.

All the national policies and research point to lack of information as a major problem for young people and their families.



THIS LEAFLET AIMS TO HIGHLIGHT SOME OF THE KEY AREAS OF CONSIDERATION FOR THE FUTURE INCLUDING:

- ✓ What support Claire House can offer.
- ✓ Who you might want to involve in your transition plan.
- ✓ What the plan could or might look like.
- ✓ Consideration for any future dreams or wishes for the young person or their family.
- ✓ How parental responsibility changes at 16 and 18
- ✓ Advocacy
- ✓ Consent and capacity
- ✓ Signposting to other relevant services.
- ✓ Useful websites and organisations.



THE TEAM

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SUPPORT TRANSITION INTO ADULT SERVICES AT 18

- Health – funding meetings, signposting to the right services and professional
- Education – college, university, courses
- Social – day services, social groups, adolescent weekends at Claire House

ADVICE AND SUPPORT AROUND CONSENT AND MENTAL CAPACITY.

- What happens post 18, with parental responsibility
- How this all works at Claire House
- Where do parents fit in with the legal changes and their role in decision making process

SAFEGUARDING ADVICE AND SUPPORT

- Adult safeguarding lead.
- Over see's all deprivation of liberty safeguard (DoLS) applications.



THE PLAN

A good transition plan should start at 14, it should be reviewed every year and where possible, it should have the young person at the centre for all decision making.

The plan should include all those professionals who are already involved in the care of the young person and over time some of the professionals who may be involved in the future. Some conditions already have pre-existing transition pathways between children's and adult services (epilepsy, cystic fibrosis & cardiac).



WHAT THE PLAN MIGHT LOOK LIKE?

It's very important to try and capture all the dreams and wishes for the young person and their family. Using person centred techniques we can look at what's important to the young person and what's important for the young person, which people are important to them, how best to support them or what aspects of their care does and doesn't work.

The more we think about our future, the more we can dream big and hopefully achieve good outcomes and a positive result in adult services.

Young people have a lot more freedom once they turn sixteen. Professionals from all services have a duty of care to

listen to the young person to get their consent for any decisions, parents can still be involved and should be encouraged to do so, but the final decision should lie with the young person.

When a young person is assessed as lacking the mental capacity to make decisions (the same process we do at Claire House at the start of every respite stay), all decisions are made jointly between those who know the young person. This is called a best interest decision, as it is always done in the "best interests" of the individual, making sure to not discriminate or make judgements or assumptions about another person's quality of life and decisions about their care.



CONSENT & CAPACITY

We take our work around consent and capacity very seriously at Claire House, we aim to empower and promote each young person's voice so they have as much control over their own lives as possible.

If you are 16 or over and we have no reason to suspect an impairment of the mind or brain (a learning disability or brain injury), we will help you to have all the information you need to be able to make the right decision for you as your own person. Once you turn 16 and become a proper young adult, we put the responsibility on you to know your care plans, understand your medications and to feel comfortable and confident in your decision making.

For those who we suspect to have an impairment of the mind or brain, we take a slightly different approach. We understand and value that each individual will have different levels of understanding around certain subjects. At every opportunity we will promote individual choice and control, so basic choices around what someone may want to wear or eat or do are still under their own control.

For the bigger decisions we rely on understanding and implementing the mental capacity act (2005). This law and process helps us to support all our young adults, whatever their level of understanding (capacity).

This approach champions the individual at the centre of decision making and allows us to really get to know our young adult patients. We involve family, friends and carers as much as possible if the individual does not have enough understanding to make the decision in question.

We routinely do this on every admission for all over 16's as we need to gain consent for them to stay with us at the hospice and consent for the safety measures we have in place (e.g. locked doors at night). We know it seems obvious but we have to make sure that no one is ever deprived of their human rights as a free individual.

This work also ties in with the legal change that parents go through as their child turns 18 parents lose their parental responsibility status. This can mean many different things to each person but for a lot of our Claire House families it can be a scary or anxious time. Your vulnerable young adult with complex health needs and limited to no speech will still need someone to speak up for them, to support them in their future and to help them with the big decisions that come about during young adulthood.

The young adult coordinator is more than happy to discuss these changes with any young person or Family member if you would like further information regarding these changes.

1ST PRINCIPLE:

ASSUME A PERSON HAS CAPACITY UNLESS PROVED OTHERWISE

- no one should ever be treated like they don't have capacity just because they look a certain way or behave in a certain way. We should always be in charge of our own lives wherever possible.

2ND PRINCIPLE:

DO NOT TREAT PEOPLE AS INCAPABLE OF MAKING A DECISION UNLESS ALL PRACTICABLE STEPS HAVE BEEN TRIED TO HELP THEM

- all possible attempts should be made to allow someone to understand or be fully involved in a decision about their own lives, either by use of interpreters, sign language or any of the many other communication tools.

3RD PRINCIPLE:

A PERSON SHOULD NOT BE TREATED AS INCAPABLE OF MAKING A DECISION BECAUSE THEIR DECISION MAY SEEM UNWISE

- we all have the right to make unwise choices and decisions we are responsible for ourselves and no one else should question our own level of understanding just because they don't agree with the choices and decisions we want to make.

4TH PRINCIPLE:

ALWAYS DO THINGS OR TAKE DECISIONS FOR PEOPLE WITHOUT CAPACITY IN THEIR BEST INTERESTS

- once it has been assessed and agreed that someone does indeed lack the capacity to make a certain decision, this decision should then be taken by both those who know the person really well and those responsible for the care or treatment of the person.

5TH PRINCIPLE:

BEFORE DOING SOMETHING TO SOMEONE OR MAKING A DECISION ON THEIR BEHALF, CONSIDER WHETHER THE OUTCOME COULD BE ACHIEVED IN A LESS RESTRICTIVE WAY

- so you've assessed someone as lacking capacity for a specific decision and those who know and care for the person make the decision in their best interests, those making the decision have to make sure that the result of the decision does not unintentionally cause harm or create unnecessary control of the life of the person at the centre.



USEFUL WEB LINKS

for additional information

This website has additional information on the respect document plus an easy read version if needed.

WWW.RESPECTPROCESS.ORG.UK

This website has lots of useful information on parental rights and issues around consent and capacity.

WWW.MYADULTSTILLMYCHILD.CO.UK

This website has loads of relevant information on transitions in general with lots of good information good practice and what you should expect during the transition process.

WWW.TOGETHERFORSHORTLIVES.ORG.UK

These two websites have lots of information about the national standards for transitions and what young people and families should receive for a safe and well managed transition.

WWW.NICE.ORG.UK/GUIDANCE/NG43

WWW.CQC.ORG.UK/SITES/DEFAULT/FILES/CQC_TRANSITION%20REPORT.PDF





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CHILDREN'S HOSPICE

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