Growing up, gaining independence:
Information for young people

As you grow older, you learn new things. Your might start to do things on your own, without your parents/carers being there. This is called becoming independent.

Your health is one part of life where you might want to do things on your own. We want to help you learn things so you can do this.

We think it is good to have some time with your doctor without your parents in the room with you. You can have someone else with you instead to make sure you are ok.

When you are 16, the law lets you make choices. We will help work out if you can make decisions on your own. We call this 'having capacity'.

Another thing is that the hospital should send letters to you instead of your parents. Let us know if you still want your parents/carer to get a copy of the hospital letters.

You can also decide who sees the information hospitals keep about you. You can carry on letting your parents/carers see it, or you can ask us not to share the information.

We will help you and your parents to learn new things so you do more things on your own. This might be:

- How to ask questions about things that matter to you.
- How to be in charge of your medicines.
- What to do and who to tell if you feel poorly.
- How to get ready to see your doctor or nurse.

Please ask if you have any questions.

To contact someone from the team please send an email to:

whh-tr.healthtransition@nhs.net

Information used with kind permission from Great Ormond Street Hospital.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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