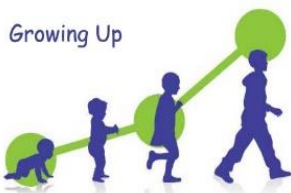




Growing up, gaining independence: Information for families



Your child is getting older. One day they will leave children's services and move into adult care.

We want to help you to get your child ready. We will work with you to help them learn. We will show you how to talk to your child about their health.



We think it is good for young people to see the doctor without their parents for some of the appointment. A member of staff can go with them if they want.



When your child is 16 years old, the law lets them make choices. We will help work out if they can make decisions on their own. We call this 'having capacity'.

If they can, your child will be the main person to decide about their health.



The hospital should send letters to your child instead of you.



We know that you may feel uncomfortable or even anxious when your child takes charge of their health. This is a normal part of growing up. You can help them to get ready.



Please ask if you have any questions.

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

whh-tr.healthtransition@nhs.net

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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