



Understanding the Transition

from children to adult physiotherapy and occupational therapy services

What is transition?

Children's therapy services end at the **age of 19**. This means that any care you currently receive will **stop** and your care will be **transferred** to adult services.

Adult services work slightly differently to children's services. As you are getting older it is time for you/your parents or carers to start taking greater control over and management of your health needs. This may feel like a confusing and worrying period but we are here to help guide you through this.

The differences

- At the moment a lot of your therapy may be accessed through school or college and so a lot of your health needs may be picked up and/or fed back to therapy from staff there. As you will be leaving school/college, you or your carer will need to start identifying and feeding back these issues, either directly or through your GP.
- In children's services you remain on an open caseload. This is not the case in adult services and you may have to wait longer for an appointment. You or your family, carer or GP will need to complete a separate referral each time therapy is required.
- In adult services therapy input is based around a specific need, eg difficulty with walking, pain or changes in posture and this should be highlighted when requesting input. You will usually be provided with a block of treatment and then discharged.
- If you have orthotics, eg special footwear/insoles or splints, therapy will no longer have responsibility for checking and assessing these. The service will come under the care of surgical appliances (most likely at Broomfield Hospital). You may need to contact surgical appliances yourself or speak to your GP.

Things to keep a record of

- Your medical history, including any operations.
- Any current medication (please take a list of this to your first appointment with physiotherapy).
- Any current orthotics and equipment.
- Your current therapy programme and goals of therapy. Please take any therapy programmes and recent reports with you to your first appointment with adult services.
- What treatment/input you have had in the past. What has worked well and what hasn't.
- Information on how to manage your condition. You will need to make sure that your family/carers have access to this information.
- How to monitor your condition. You should be able to identify what, if anything, has changed and how to manage this or ask for help.
- Who to contact for help (see reverse for useful contacts).
- How to look after your equipment, and who to contact if you have an issue.
- Remember if you move, you will need to find out who provides the services you need in the new area, eg who are the therapists? Who supplies orthotics? Who will check your equipment?
- You may not need any therapy at this current time but you should know how and who to contact in the future. Please keep a history of what therapy programme you are completing at present.



Learning Disability Service - The service will care for any adult with a learning disability that cannot access/manage in mainstream services, eg due to understanding or behaviour. This team is based at Spinks Lane Therapy Centre in Witham, telephone - 01376 308083. Referrals into this service can be completed by anyone, eg you/your family/your GP.

Physiotherapy Musculoskeletal Service - This team will treat a range of conditions that affect bones, muscles and joints, eg after an injury or due to pain. You must be able to travel to clinics for these appointments. You can speak to your GP about a referral into this service. ☎ **0300 1310 111**

Neurological and Community Therapy Service - This team treats people requiring community or neurological therapy that are over 18 years of age. You can be referred into this service from any health or social care professional. ☎ **0300 1310 111**

Wheelchair Service - If you are a wheelchair user, the service will continue to take care of your wheelchair. Their number is ☎ **0300 303 9957** for enquiries and referrals, and ☎ **01245 468834** for repairs.

Surgical Appliances - This team is based at Broomfield Hospital and will continue with the care of your orthotics, eg splints, special shoes. If you think your orthotics need reviewing, please ask your GP or new physiotherapy team for advice on how to refer.

Equipment services - As your equipment was most likely supplied to you by your children's therapist, this may need to be returned before you transfer into adult services. You should ask to speak to your therapist about this and your ongoing equipment needs. ☎ **0300 013 5438**

Contact information

For more information, contact the Children's Physiotherapy team on:

☎ **0300 3032685**

✉ **provide.childrensphysiotherapy@nhs.net**
provide.childrensoccupationaltherapy@nhs.net

🕒 **8:30am - 5pm**



If you need this booklet in braille, audio, large print or another language, please contact our

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