

Young People with Special Educational Needs and/or Disability (SEND) Moving into adult health services and Annual health Checks 14 – 25 years

Family Voice Conference

10 March 2018

Mark Gower – Designated Clinical Officer (DCO)

Bridgitte Shad – Health Care Co-ordinator

Young People with SEND Transition to adult Services Overview



NHS Health is a
Large Beast ! often trying to navigate a
large ocean of water without a
navigation system or clear captain !



Complex mess of information and
pathways

Transition Planning in Health Services

- Transition' in Health services, means the change from Children's to Adult's health care services.
- It should be a planned and gradual process.
- Transition from child health services to adult health services will mean you and your young person may start seeing a different team at your local health services.
- This can start formally between 14 -18years.
- You/your child will be given a lot more independence, where appropriate, and will be encouraged to learn about your/their health, so that you/they can be more involved in your/their healthcare and decision making.



Health Resources

- Some health services use the [Ready Steady Go Transition](#) Programme as produced by Southampton NHS Trust to support you/your child and develop your/their confidence to understand and look after your/their health.
- They also use health passports to ensure information is kept in one place and up to date
- One page profile Similar (Education for EHCPs)
- Looked After Children health passports ?



Access to comparable Health Services

Child/young person 0-18

Primary Health Care /Essential Universal health services

- GP Surgery, practice nurse
- Midwife
- Health Visitor, School Nurse, (Healthy Child Programme 0-19)
- Immunisation programme (& routine Screening)
- Dentist
- Optician
- Pharmacy
- Emergency Care
- Contraception and Sexual health

Transitional planning

Adult 18+

Primary Healthcare/Essential Universal health services,

- GP Surgery, practice nurse
- Midwife
- No equivalent service
- Immunisation & Screening
- District Nurse
- Dentist, optician
- Pharmacy
- Emergency Care
- Contraception and sexual health



From 14 years People with LD entitled to an annual health check

0

5yrs

10yrs

14yrs

16yrs

18yrs

21yrs

25yrs

Good Transitional planning should commence with good communication

Child/young person 0-18

Transitional planning

Adult 18+

Secondary/Specialist Health Services

- **Consultant community Paediatrician**
- **Other Specialist services and consultants for children, (Neurologist, orthopaedics, audiology,**
- Physiotherapy,
- Occupational Therapy,
- Speech & Language Therapy,
- Psychology
- **Specialist LD CAMHS services (starfish)**
- Specialist Nurses/services (Continence, Diabetes, Asthma, Epilepsy)
- Child Adolescent Mental Health Services (0-25)
- Children Continuing Care



Specialist services for age criteria may vary

Secondary/Specialist Health Services

- **No equivalent Paediatrician in Adult health care.** GP or Paediatrician before discharge would refer on to appropriate specialist consultants in health services.
- Other professionals often referred to as allied health have similar services in adult would need to consider referral on if appropriate due to eligibility for the service.
- Specialist nurses dependent on service design some cover all age
- **Adult learning disabilities services (Transition worker)**
- Adult Mental health post 25 years
- Adult Continuing Healthcare

0

5yrs

10yrs

14yrs

16yrs

18yrs

21yrs

25yrs

Good Transitional planning should commence with good communication throughout

Good Health

Young people are supported to manage their own health as they move into adulthood. Young people with learning disabilities are registered with GPs from 14 and annual health checks and plans are offered. Health professionals use person-centred approaches and work in partnership with education and social care colleagues as part of the EHC planning process.



Annual Health Check Learning Disability

Did you know that if your child/young person (14 – 25yrs) has a learning disability, they are eligible for an annual health check with your doctor/nurse?

What is an annual health check?

- It is a health check for young people (14-25yrs) and adults over 25 yrs who are known to Family Doctors and Social Services with
- Moderate learning disability OR
- Severe learning disability OR
- People with a mild learning disability who have additional complex needs.

Why should your child/young person have an annual health check?

- Having an annual health check helps them to build a relationship with your doctor/nurse.
- It helps your doctor/nurse know more about their health and what they look like when they are happy and feeling well.
- It will also help your doctor/nurse understand very quickly when they are not well.
- Can help find health problems, so people can get the right help and support



How do I get an annual health check ?

- Need to be registered with a GP surgery
- Identified to have a Learning Disability
- You/your parents, carers/other professionals can let the GP Surgery know you have a learning disability
- GP surgery can invite and offer a health check every year
- You or your parents/carers can ask for a health check



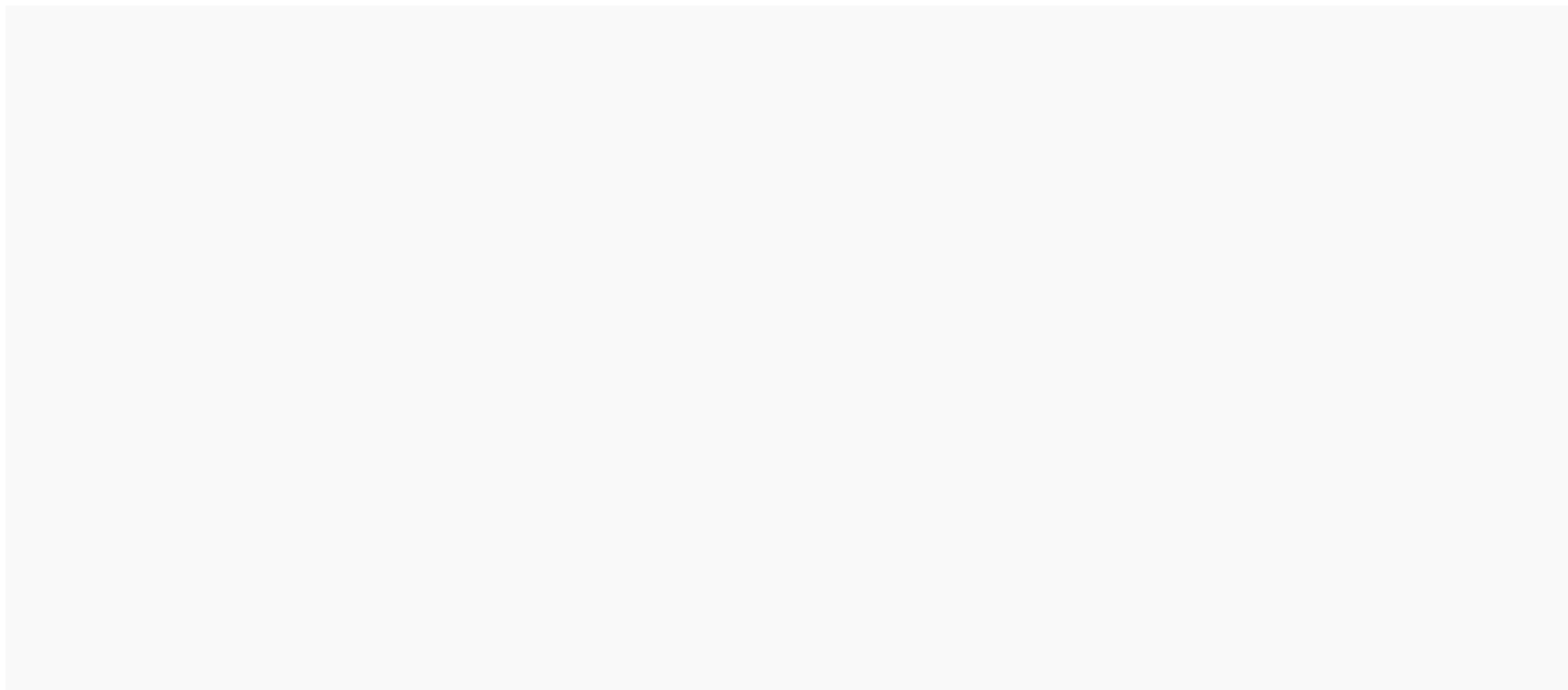
What can you expect at an annual health check?



- A health check will normally last about 1 hr
- Your doctor/nurse will measure your height and your weight
- Your doctor/nurse will listen to your chest.
- Your doctor/nurse will ask lots of questions about your lifestyle, what you eat and drink.
- You can tell your doctor/nurse about your lifestyle, what you like to eat and drink.
- You can tell your doctor/nurse about your sleep, and the things you like to do in school/college/work and outside of school/college /work
- You can also tell your doctor/nurse how you keep yourself healthy and active.
- Remember, that you can ask your doctor/nurse about any worries you have about your health.
- Your doctor/nurse can give you more ideas to help you keep healthy and active.

After your health check you can have a health action plan that has been agreed to help with your health, this may need to be checked on a regular basis to make sure things are working

Youtube clip Annual health check



What can I do if my child/young person does not want to have a blood test?

- If they don't like to have a blood test, do not let it put you off from having the annual health check. You can speak to your doctor/nurse before the health check. Your doctor/nurse will understand and will not force you to do anything you do not want to do.
- Sometimes blood tests are important and need to find other ways to arrange necessary checks to be made to ensure that the correct treatment is doing what is should



Reasonable Adjustments

The Disability Discrimination Act says that:

Organisations including health services should make sure they are **accessible** to disabled people. In law this is called making reasonable adjustment. For examples, you might get an accessible letter about how your screening went, you might also get a longer appointment with your GP.

Supporting Good Transition plans from children to Adult Services in health

- Young people and their families must be listened to with good communication throughout
- Providing good accessible information about services and what to expect
- GP's should be more involved at an earlier stage in planning for transition
- Good transitional plans should have the young persons health needs included
- Good and wider use of health passports to ensure information is passed on and not having to be repeated
- There should be a lead professional identified to case manage and support the young person and family to have good coordination of health care
- Commissioning of health services is developing with frequent changes to the health provision landscape
- Moving towards consideration of 0-25 years services
- To have Joint commissioning, integrated services with solid partnership working between relevant health service providers

Future ?



More confusing complications to untangle?



Clear direction of travel despite having numerous captains of the ship?



**Thanks For your participation
and Listening.....**

Any Questions?

