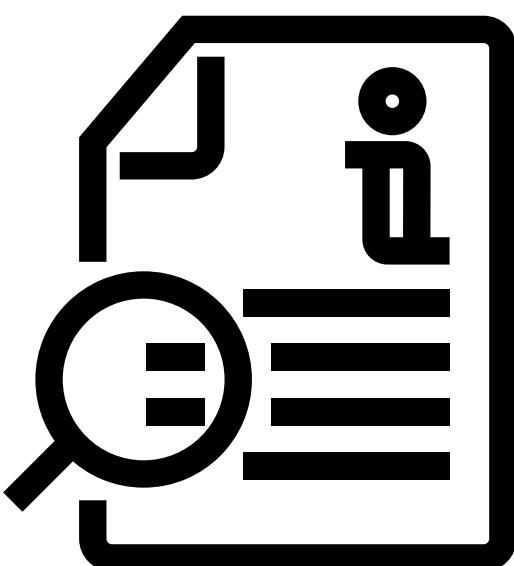




OUR PLEDGE TO YOUNG PEOPLE

Children & Young People's Specialist Services



Starting Early

We begin working with you and your family from the age of 14 years, making sure you know at what age things may change.

Clear Information

We will always explain things in ways that make sense to you, and this includes information about preparing for adulthood and transition.

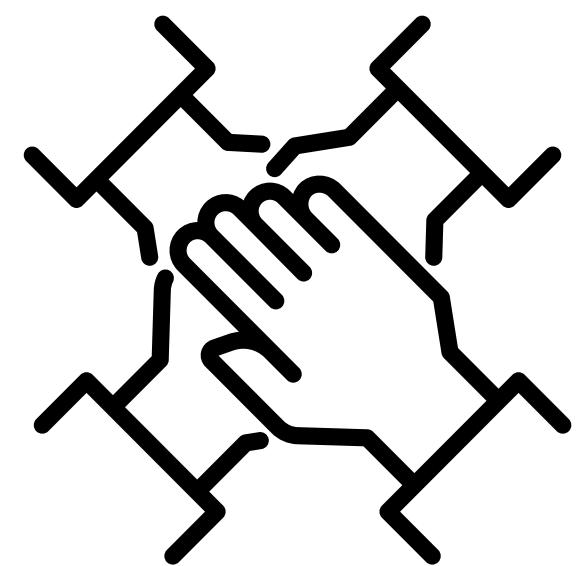
Empowerment

You'll be supported to make choices about your health and future, and included in all conversations if a family member or carer helps makes decisions with you.

We're here to help you get ready for adulthood, and if you need to move to an adult health service.

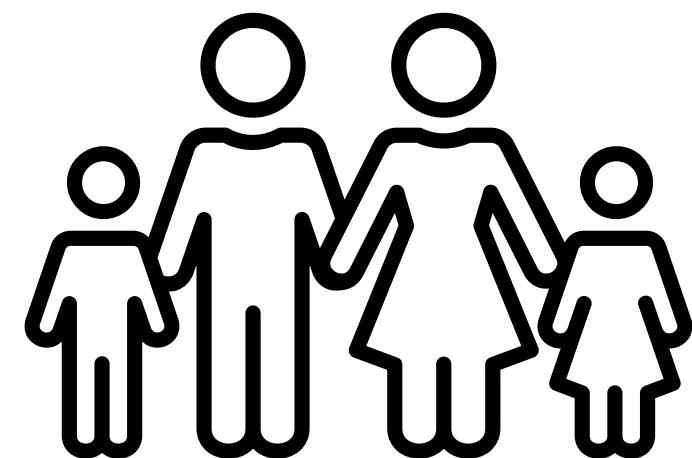
Working Together

We will work with other health, education, and social care teams to support you as you plan for the future.



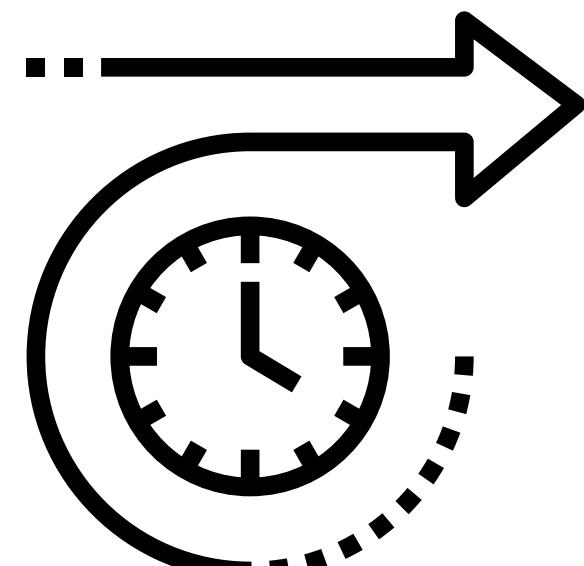
Family Support

We will also work with your family or carers to help you prepare to become an adult and access adult health services.



Future Support

We will give you information you may need when you leave our services - whoever we pass your care onto.



Children & Young People's Specialist Services

www.nottinghamshirehealthcare.nhs.uk/prepforadulthood

www.healthforteens.co.uk