

Questions you may have:

Teenage and Young Adult (TYA) services

Transition from Royal Manchester Children's Hospital to The Christie

What is transition?

In healthcare, the word transition describes the process of moving from children's to teenage and young adult services, or from teenage and young adult services to adult services.

Transition is a gradual process that gives everyone involved in your care, time to get you ready to move to The Christie Teenage and Young Adult (TYA) services. Transition is about making plans with you to help you prepare for the change in location of your care and the differences in the support services you can access.

We understand moving away from the team of doctors and nurses that you know at Royal Manchester Children's Hospital may be daunting and we hope that by supporting and involving you in the transition process this will help you to feel more confident and happier about the move.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week



Why do I have to move?

As you get older you will find that you need care and support which focuses on your needs as a teenager and a young adult. We recognise that this is ideal when this is provided in a specialist TYA service.

TYA services are used to supporting patients with the challenges that arise as you grow up and that being around other TYA patients helps you to have support from those who are a similar age. As a TYA patient you may need support different to the needs you had as a child. This might include higher education, peer support, body image and many more. All of these can be supported within The Christie TYA service.

When do I have to move?

There is no exact time that is right for everyone and this leaflet is to help you start preparing and thinking about the right time for you to transition.

Your doctors and nurses at Royal Manchester Children's Hospital may have an idea about the right time is but it is important you and your family are involved in that decision.

Who can help me get ready?

The team at Royal Manchester Children's Hospital will be able to give you support and help with any questions you have about preparing and moving into TYA services. They can help you prepare by:

- Teaching you about your diagnosis, its treatment and possible side effects you may have.
- When you are ready, seeing you on your own for part of the clinic appointment and helping you to think of questions you may have about your treatment and care.
- Making sure you know when to get help and who to contact when you have questions about your treatment or in an emergency.

- Helping you understand how your diagnosis and treatment may affect your education and career plans.
- Making sure you know about the support networks available as you transition into TYA services, they may be provided by The Christie or by other charities focused on TYA support.
- Making sure you understand the importance of a healthy lifestyle, including exercise, diet, smoking and sex.

Who will support me at The Christie?

The TYA team at The Christie is made up of lots of different professionals to support you, these include:

- doctors
- specialist nurses
- youth support workers
- TYA physiotherapist
- TYA occupational therapist
- TYA psychologist and many more

What happens next?

Talk to your Macmillan nurse at Royal Manchester Children's Hospital and think of any questions you and your family have about your transition in the Teenage and Young Adult service at The Christie.