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UNDERSTANDING GENES
& CHROMOSOMES

Easy read guide

**Moving from child
to adult healthcare**

rarechromo.org

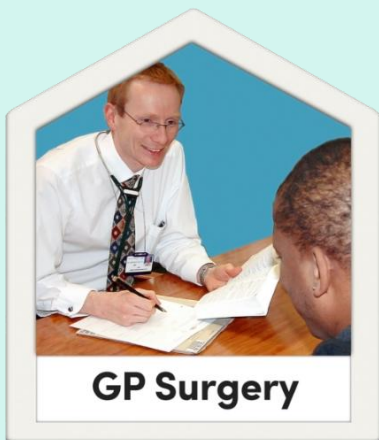


When you are around 18 years old, you will move from child health services to adult health services.



What are adult health services?

Adult health services are for people who are 18 and older.



In adult health services, your main doctor is usually a GP.

Your GP will organise which other doctors you might need to see.



Adult health services focus on treating specific needs.

You will see a different doctor for each health need.



When does the transition to adult services happen?

A few years before you turn 18, you and your doctors might start talking about your move to adult services.



Before you turn 18, you may begin to meet the adult care team and learn new skills, like booking appointments.



When you are nearly 18, you and your team may make a formal plan of how you will move into adult services.

You might have some appointments with the adult team.



When you turn 18 you will officially move to adult services.

You might begin to manage appointments and medications, with support if needed.



As an adult, you might have special health checks every year with your GP.

You might start having these checks before you become an adult to help you and your GP get to know each other.



You can ask your GP team whether they can visit your home, or whether there are parts of the doctor's office which are easy for you to get to.



What happens at these special health checks?

The doctor or nurse will check your physical health, mental health and lifestyle.



The doctor or nurse will check whether you need any extra help from other special doctors.

They might give you advice on healthy eating, exercise and lifestyle.



Hospital

What happens if you have to go to hospital?

If you have to go into an adult's hospital, it might be different from a children's hospital.



Adult hospitals can feel quieter, less colourful and have fewer play areas than children's hospitals.



You might meet a special nurse who helps people with additional needs in hospital.

This nurse helps make sure you get the right care and understands your needs.



You might want to create a communication passport to explain your needs, likes and dislikes.

You can download an NHS communication passport template [here](#).



What if I need help with my mental health?

Children might be seen by child mental health services for things like ADHD, anxiety, autism, depression or other difficulties.



When you grow up, you will be seen by adult mental health services.



It's okay to ask for help if you feel worried, upset or unsure about anything.



Talk to your doctor, nurse or another trusted adult whenever you need support.



How can I best prepare for the transition?

It can help to visit the adult clinic or ward before your first appointment.



You may want to meet your adult team and find out who to ask for help.



You might want to practice explaining your medical history, the name of your condition and how it affects you.

Printing information and bringing your hospital passport to appointments can also be useful.



It is always okay to ask for help if you have any questions about your transition.



Unique are here to help and can guide you towards the right support.

To find out more about Unique, you can call us on the phone.

+44(0)1883 723356



You can email us.

help@rarechromo.org



You can go to our website.

<https://rarechromo.org/>



You can send a letter to our office.

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This guide was written by Unique (NM) and reviewed by Dr Catherine Tuffrey (Consultant Community Paediatrician) with images from Photosymbols.

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