



The Expert Parent Programme

Complex Health Needs and Transition to Adulthood

- Are you the parent or family member of young person who has **complex health needs, with a life limiting or life threatening condition and who has a Learning Difficulty?**
- Would you like to understand more about your family's **rights** and **how the health and care system** works when moving from children's to adult services?
- Do you feel as if you are always having to concentrate on your child's needs, illness or condition rather than who they really are as a person, and what *they* want out of life?
- Would you like to increase your confidence when meeting professionals, and be able to make the best of your time with them?

This workshop is aimed at the parents and adult family members of children or young people aged 14+, and is part of a new programme funded by the [Together for Short Lives Improving Transitions for Young People Fund](#).

It has been written by parents and is led by experienced trainers who are themselves parent carers.

Date: Saturday 20th July 2019

Time: Arrivals from 12.30pm for a 1pm start; session finishes at 5pm (tea, coffee and cake provided)

Where: St. Elizabeth Hospice, 565 Foxhall Rd, Ipswich IP3 8LX

If you would like to find out more or book a place, please contact the facilitator:

Anna Gill on 07732 176088 or thegills@btconnect.com

Website for the original Expert Parent programme:

<http://www.councilfordisabledchildren.org.uk/expertparent>