



## **Expert Parent Programme: Complex Health Needs and Transition to Adulthood**

### **Health and advance care planning (M1.1d)**

#### **Planning for transition between health services, and into adult health services**

Together for Short Lives' My Care Transfer digital tool, for holding information about your child's needs in one place: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/my-care-transfer/>

A transition support website from Alder Hey Children's Hospital including information on how to prepare for transition: <http://www.10stepstransition.org.uk/>

A guide for mental health practitioners on supporting young people's transition into and from inpatient mental health services: <https://www.scie.org.uk/integrated-care/interventions/transfers-of-care/sharing-responsibility/young-people-mental-health>

#### **Advance care planning, and planning for end of life care**

Together for Short Lives resources:

- on Advance Care Planning: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/care-planning-advance/>
- for parents on making critical care choices for your child: <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/parents-guide-making-critical-care-choices-child/>

My Decisions, a website that helps you to think about and record your wishes for treatment and care: <https://mydecisions.org.uk/>

#### **Extra support for people with a learning disability and/or autism accessing health services:**

Information from Mencap on extra help for people with a learning disability accessing health services: <https://www.mencap.org.uk/advice-and-support/health/dont-miss-out>

Information on NHS England's Ask Listen Do project, which aims to make it easier for people with learning disabilities and/or autism and their families and carers to give feedback about services: <https://www.england.nhs.uk/learning-disabilities/about/ask-listen-do/>

## **Annual health checks for people aged 14+ with a learning disability**

Information from Mencap: <https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks>. Includes:

- Mencap Easy read guide on Annual Health Checks <https://www.mencap.org.uk/sites/default/files/2017-06/AHC%20Easy%20Read%20Guide%20Final.pdf>

Guidance from the Royal College of GPs on annual health checks (aimed at GPs): <https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit.aspx>

## **Children and Young People's Continuing Care and Adult Continuing Healthcare**

Beacon – a social enterprise offering advice and support on Adults' Continuing Healthcare:

<http://www.beaconhc.co.uk/>

The national frameworks for:

- Children and young people's Continuing Care: <https://www.gov.uk/government/publications/children-and-young-peoples-continuing-care-national-framework>
- Adults' Continuing Health Care: <https://www.gov.uk/government/publications/national-framework-for-nhs-continuing-healthcare-and-nhs-funded-nursing-care>

## **Personal Budgets**

Updated guidance on personal budgets and personal wheelchair budgets

<https://www.england.nhs.uk/publication/guidance-on-the-legal-rights-to-have-personal-health-budgets-and-personal-wheelchair-budgets/>

## **Personalised Care**

Information from NHS England on their model for personalised care and how local areas should implement it:

<https://www.england.nhs.uk/publication/universal-personalised-care-implementing-the-comprehensive-model/>