

# Transition to adult services

## Adult Services **Patient information**

### Preparing for adulthood

This leaflet is for young people who are turning 16. It explains what happens when you move from children's physiotherapy or occupational therapy to adult services.



There is some helpful information available at

<https://upmovement.org.uk/transition/preparing-for-adulthood>

### How do I manage my health as an adult?

Moving from children's to adult services might feel scary. You are not alone. This leaflet tells you who you can contact to get the help you need. There are different local teams who can help you. If you are moving away (e.g. to university) you may need to change your GP (doctor). You should plan for this. Not all areas offer the same services. Use this website to search for services in that area:

[www.upmovement.org.uk/support-well/lookup](http://www.upmovement.org.uk/support-well/lookup)

### When should I ask for help?

- If your energy levels or walking change.
- If your pain gets worse.
- If you cannot take part in your usual self-care tasks (washing and dressing).
- If it is harder to take part in your work or social life.
- If you feel stiffer than usual.
- If you have problems with your walking aids or home equipment.

## Who can help me?

Speak to your GP about general health concerns. They can refer you to outpatient physiotherapy or hospital specialists (e.g. orthopaedics) if needed.

You could also access the following services:



### **Community Learning Disabilities Teams**

This team help people with a learning (intellectual) disability.  
You can refer yourself to this team.



### **Community Neurology Service**

This team help people with a long-term neurological condition.  
For example, cerebral palsy.  
Your GP or physiotherapist need to refer you to this team.



### **Neuromuscular Service**

This team help people with a neuromuscular condition.  
The Paediatric Neuromuscular Team will refer you to the adult team.



### **Musculoskeletal Matters**

This website has information about muscle and joint pain.  
It tells you how to manage this at home and how to refer to outpatient physiotherapy.

You can find more information about each team by scanning the QR codes.  
Your physiotherapist or GP can tell you which team is right for you.

These teams can help to:

- review your needs and any changes in your health or mobility.
- tell you about other services.
- advise you about mobility aids or aids for daily living tasks.

## What if I need help with home equipment?

Contact the Occupational Therapy Team if:

- you need new equipment or aids at home.
- there is a problem with the equipment you already have.

You will need to contact the occupational therapists in adult social care.

- If you live in **Dorset** you can contact **Dorset Adult Access**.

Call: **01305 221016** Email: **adultaccess@dorsetcouncil.gov.uk**

- If you live in **Bournemouth, Christchurch, or Poole**, you can contact **Adult Social Care Contact Centre**.

Call: **01202 123654** Email: **asc.contactcentre@bcpcouncil.gov.uk**

## What do I need to know about my health?

### Your medical history

- Learn your diagnosis (name of the condition you have).
- Make a list of where to get more information. For example, websites and support groups.

### The treatments you have had

- It's important to know what worked well and what did not work for you.

### Your plan

- Your physiotherapy or occupational therapy plan and goals.

### How to manage your condition

- You need to know how manage your condition or tell your carers how to.

### Equipment

- The name and size of the equipment you use.

### Get to know yourself

- Knowing what is normal for you helps you to spot if something changes.



You could keep a folder with all this information in.  
Or you could use a template like this Health Summary  
from [www.upmovement.org.uk](http://www.upmovement.org.uk).



If you have complex needs, you should fill out a Hospital Passport.  
This is a guide to tell hospital staff about your needs if you visit hospital.

If you have a learning (intellectual) disability you should have a yearly health check.  
You should ask your GP for this from the age of 14.

## What can I do to stay healthy?

Movement is important for staying well. It also makes you feel good.

Try to do 150 minutes of movement per week, including:

- strength and balance exercises twice a week.
- following your physiotherapy program if you have one.

Spread exercise over 4-5 days a week. Aim for 30 minutes of activity each day.

Your physiotherapist can help you with:

- what exercises to do.
- how to adjust them for your needs.

The most important thing is to find an activity you enjoy and can do regularly.

Have a look at the list of local sports clubs on our website.

[www.uhd.nhs.uk/services/childrens-therapy-services/useful-links](http://www.uhd.nhs.uk/services/childrens-therapy-services/useful-links)

You can also ask your physiotherapist or GP for a gym referral. This gives you up to 12 weeks of support at your local leisure centre. It may also include a discount for lots of other activities.

## What next?

Do you have any therapy equipment from us?  
For example, walking aids, standing frames  
or sleep systems.

**Yes**

**No**

Your therapist will refer you on to the right adult service. Your therapist will talk to you about this and make a plan with you.

We will place you on Patient Initiated Follow Up (PIFU). Your therapist will discuss this with you. They will send a report to explain your therapy needs. Your GP will also get a copy. PIFU means we will support you until you are 18.

You can call us to ask for a review if something changes during that time.

You can call us on **0300 019 2936**.

When you are 18, if you need more therapy, ask your GP to refer you to the right adult team. Ask your GP to send your therapy report with the referral. If you have cerebral palsy, you should ask for a referral to the Adult Community Neurology Service.

## Important contacts

As you become an adult, you will be more responsible for managing your own health. You will need to make your own appointments. Here are some useful numbers for local services:

**Poole Orthotics: 0300 019 2298**

**Royal Bournemouth Orthotics: 0300 019 4363**

**Dorset Wheelchair Service: 01202 892874**

**Social Services Occupational Therapy**

- Dorset: 01305 221016
- BCP: 01202 123654

**Mental Health Support**

**Connection: 0800 652 0190.** This is a 24/7 helpline open to all ages.

## More help

It is important to look after your health as an adult. Use the tips and contacts in this leaflet to help you. There is more information about adjusting to adulthood on our website under 'preparing for adulthood' including:

[www.uhd.nhs.uk/services/childrens-therapy-services/preparing-for-adulthood](http://www.uhd.nhs.uk/services/childrens-therapy-services/preparing-for-adulthood)

- further education
- employment,
- finances.

If you are unsure about anything or have questions, you can call us on **0300 019 2936**.

To read this leaflet in a different language,  
please visit our website: **[www.uhd.nhs.uk/visit/patient-information-leaflets](http://www.uhd.nhs.uk/visit/patient-information-leaflets)**  
and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**  
or email **[uhd.patientexperienceteam@nhs.net](mailto:uhd.patientexperienceteam@nhs.net)**.

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW  
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Natalie O'Connor** and **Toby Stoner**

Date: **December 2025** Version: **One** Review date: **December 2028** Ref: **090/25**

w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk)  @UHDDTrust  @uhd\_nhs

**Some of our hospital services are moving.**  
Visit **[www.uhd.nhs.uk/future](http://www.uhd.nhs.uk/future)** to find out more.