

**Recommendations for: Young people who are discharged from Children’s Services and do not meet the criteria for Adult services**

Not all children and young people (CYP) who are discharged from children’s services have an identified adult service to move on to. There are many areas particularly for children with complex needs, neurodisability and mental health where gaps exist in provision or CYP are not eligible for the adult services.

Services must take this into consideration; identify these CYP, the gaps in provision and work together across providers and commissioning to respond to their needs..[[1]](#footnote-1)

Key recommendations for supporting these young people:

* Include young people who don't meet eligibility criteria for support from adults' services and those for whom services are not available for another reason[[2]](#footnote-2)
* All young people should have a transition plan in place (even if they are not moving on to an adult service) that clearly identifies there ongoing needs and support after leaving children’s services.
* CYP should have a clear understanding of their health needs and be able to explain these to other professions, carers etc... that may support them in the future.
* During the transition process CYP should be aware, have access to and be confident to use a variety of self-management methods to support their health needs.
* Where appropriate services should work with parents/carers in order to support their CYP when discharged from children’s services and should be included in the transition process.
* Ensure all young people have up-to-date information about the full range of care and support available to them. This should include support from primary care and pharmacy services.[[3]](#footnote-3)
* Ensure young people have a list of contacts where they may be able to access support.
* Where there is no adult service for a young person to transfer to, or there is a risk they may not engage with the adult service, ensure a detailed discharge letter is sent to their GP. Give the young person information about known and trusted third sector organisations that could provide support.[[4]](#footnote-4)

1. NICE Guideline: Transition from children's to adults' services (NG43). 2016 [↑](#footnote-ref-1)
2. NICE Guideline: Transition from children's to adults' services (NG43). 2016 [↑](#footnote-ref-2)
3. NICE Guideline: Transition from children's to adults' services (NG43). 2016 [↑](#footnote-ref-3)
4. NICE Guideline: Transition from children's to adults' services (NG43). 2016 [↑](#footnote-ref-4)