

This transition leaflet is part of a series aimed at young people and is produced by the North West Cleft Lip and Palate Network.



You must always discuss your treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment

This information can be made available in other languages and formats if requested

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What is transition?

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Cleft Department



Transition is about helping young people to prepare, plan and move from children's to adult's health care. Things are a little different in the Cleft Service as you will stay with us for all of your care no matter what your age is. This is known as a lifespan service. We still think it is important, however, to help you to become more independent in your healthcare. Transition prepares you and your family to get ready for this.

The process

Transition is a gradual process and you can move on at your own pace. A member of the Cleft Team will meet with you to discuss your personal transition journey. This will be part of your routine clinic appointments when you are 10, 15, 18 and 21 years old. We usually stop seeing people at 21 (or earlier) if they no longer want or need treatment. After this, you can come back and see us at any age if you have any concerns about your cleft lip and/or palate.

When you feel ready we can start working together towards you being seen in some cleft appointments without your parents, if you wish. This might start by you being seen alone for just some of each appointment.

It's important to remember that your family will still have an important part to play in your care during transition. You might find it helpful to talk to them about how you feel about it. They may also be able to help you understand different parts of your healthcare as you get older.

During transition you will learn some useful information which will help you feel more confident living with your cleft as you get older. This will be part of an on-going 'transition plan' that we will make with you to guide you through your healthcare needs as you get older.

This may include:

- Who you might meet in the Cleft Team and their role.
- How to talk to others about your cleft and how to cope with changes such as moving schools.
- Helpful groups and websites specifically for people with a cleft lip and/or palate.
- Keeping a record of all your treatment to date, as well as any other treatments you may have in the future.
- Thinking about future treatment you may want and when and where this might happen.
- Understanding the genetics of your cleft lip and/or palate and what this might mean for you as you grow older.
- Making sure you understand the importance of a healthy lifestyle.

Any questions you or your family have about transition please feel free to contact a member of the Cleft Team at any time.

Help from others

Have you seen anyone else as part of your cleft treatment, for example a Speech and Language Therapist. If so you can record the type of treatment you had, who you saw and for how long in the table below.

| Date | Type of Support | Who did I see? | What was it for |
|------|-----------------|----------------|-----------------|
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Possible future treatment

At some point you may start thinking about having further treatment, such as more surgery. You can use the table below to write down any ideas you have about further treatment you think you might want. You can use this as a reminder for when you are next in clinic.

| Date | Type of treatment | What is it for | Questions I want to ask the Cleft Team |
|------|-------------------|----------------|--|
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