

## Transitions Best Practice Principles

This guidance outlines the best practice principles which all organisations should consider when supporting a young person in transition between child and adult services.

Adolescence is a period of intense change for a young person. The move between child and adult services can be complex and should consider all aspects of a young person's life. The pressures on a young person's life may include relationships, friendships, education, training, pregnancy, childbirth, employment, housing and money. All of which highlight the importance of a co-ordinated multi-agency planning approach which will involve a range of professionals from different disciplines.

For the purpose of this guidance transition is defined as:

A continuous process which is assisted by an agreed set of decisions at significant points with actions that are followed up and actioned. The young person should be at the heart of the process and involved at every point

The key principles below should be considered when supporting the your person through their transition into adult services

- Fully involve young person, family and carers, where the young person gives consent and attempt to identify and manage expectations of Adult Services
- Take account of the wider context of young people's lives
- Provide clear information regarding choices for the young person's care and how their needs will be met
- Early identification of transitional need – 14 years and above (no later than 6 months before the transition process will commence)
- Multi-agency planning process – work collaboratively with other agencies to provide joined up transitional care - this can be single or multi service care
- Each child should have its own individual transitional plan with an identified lead professional where one or more agencies are involved.
- A clear plan should be formulated which has sign up of all involved agencies.
- Make service transition a flexible managed process with planning and assessments, continuity of care and follow up.
- Until a clear transition process is in place the care of the young person should remain with the child care providers.
- Where deviations from an existing transitional plan occurs this should be clearly evidenced and agreed with the young person.
- All decisions made for young persons should be made in their best interest.
- Managers should be assured that their services are able to support the young person through the transitional process and provide evidence of this where required
- All staff should be aware of the services available to young people and how to refer them into these services where needed in a timely and effective manner. The transitional care processes should be monitored including gaining feedback from the young people accessing these services
- Where a young person is placed out of area a clear transitional plan should be in place which remains the responsibility of the placing authority
- Mental capacity should be considered and assessed in relation to the young person's choices. Remember the Mental Capacity Act applies to those aged 16 and above.

### References

1. Mental Health Service Transitions for Young People. Published 2011 by Social Care Institute for Excellence (SCIE). Available at [www.scie.org.uk](http://www.scie.org.uk)
2. Lost in Transition. Published November 2013 by the Royal College of Nursing. Available at [www.rcn.org.uk](http://www.rcn.org.uk)