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Transition Clinic: Hello to adult services

Information for young adults

Adult Rheumatology Service

What is this leaflet for?

Growing up means lots of changes. It can be difficult for every young person whether or not they have a rheumatologic condition. As you grow up you gradually:

- Become more independent from your parents or guardians. This includes taking responsibility for your own health, education and becoming independent in your day-to-day life.
- Develop relationships outside your family.
- Develop your personal, educational and career identity.
- Plan for the future, including finding a job or career.

We hope that this leaflet will explain how your care will change as you transition to adult services.

What is transition?

Transition is the process of preparing, planning and moving from children's to adults' service.

Up until now, you've come to the Children's Hospital for treatment of your rheumatologic condition. However, it's now time to move on to the Adult Rheumatology Service.

To make this move easier for you, you can meet us (the team from the Adult Rheumatology Service) at the Transition Clinic.

You can use the link or the QR code on the next page to go to "Ready Steady Go – supporting transition to adult care". This video explains about transition from a young person's point of view.

 www.youtube.com/watch?v=30JMnQZz8nk



Where is the Transition Clinic?

The clinic is in the Rheumatology Department on the ground floor of Ashgrove House, Foresterhill (postcode AB25 2ZA).

How often do I come to the Transition Clinic?

You only need to come to the clinic once.

How long will my appointment take?

Each member of our team will spend about 15 minutes discussing things with you, so your appointment will last for about 1 hour in total.

What should I bring?

You should have received a copy of the Ready Steady Go, Hello to Adult Services questionnaire along with this leaflet. Please complete this and bring it along to your Transitions clinic appointment. Your answers will help us to make the most out of your appointment.

What happens at the clinic?

At the clinic, you'll get the chance to meet our team.

Consultant Rheumatologists



Dr Hazem Youssef



Dr Lindsay Robertson

Rheumatology Specialist Nurse



Eli Gomez

Physiotherapist



Aimee Urquhart

Occupational Therapist



Susan Shand

**Clinical Psychologist
in health**



Dr Linda Gibson

**Versus Arthritis Transition
Support Co-ordinator**



Klaire Connor

What kinds of things are discussed?

It's important that you know as much as you can about your condition and the treatment options. The team may want to discuss lots of different things with you as highlighted in your Ready, Steady, Go questionnaire. Some of these are listed below, but please feel free to ask your own questions.

If you're better informed, you'll feel more in control. This usually means you cope better with your condition.

Consultant Rheumatologist (doctor)

The Consultant Rheumatologist may cover:

- Your long term management plan (the main difference between paediatric and adult rheumatology).
- Understanding your diagnosis and the medical terms we use.
- Understanding your treatment and why you might need regular blood checks.
- Understanding why you might need have your eyes checked regularly.

Physiotherapist

The Physiotherapist may cover:

- Your previous experience of physiotherapy at the children's hospital.
- Advice/treatment for any ongoing or new issues you may have.
- Advice on how exercise can help your arthritis.
- Advice on what you can do to manage your pain/symptoms, including flare-ups.

Rheumatology Specialist Nurse

The Rheumatology Specialist Nurse may:

- Advise, support and reassure you on your move to the adult rheumatology service.
- Help you to take responsibility for managing your arthritis.
- Offer support and advice about personal, educational, career, alcohol and contraception issues.
- Medication

Occupational Therapist

The Occupational Therapist may cover:

- Advice on how you can overcome problems with everyday activities (such as personal care, domestic, leisure and work / education tasks).
- How to look after your joints by using joint protection.
- Advice on fatigue management
- Providing you with splints/equipment that may help you.

Clinical Psychologist in health

A Clinical Psychologist is trained to help you find the best way to use your mind to:

- cope with life pressures including illness
- achieve your goals and feel your best
- enhance your coping strategies
- find ways to help you cope in your family and at work
- practise relaxation techniques
- make best use of visualisation
- identify what motivates you and maintains your effort
- improve your sleep patterns
- cope with feeling anxious
- cope with low mood
- cope with phobias

Versus Arthritis Transition support co-ordinator

Joint Potential Plus: This project is part of the Young People and Families' Service of Versus Arthritis in Scotland. The project aims to support young people within a hospital setting, to access peer support and self management. Our aim is to ensure young people under 25 have support before, during and after transition into adult services.

We want to give young people access to relevant support and information, and open up the opportunity to meet other young people with arthritis and related conditions. As well as being in clinics, we run free workshops and weekends across Scotland.

Joint Potential is about enabling young people to thrive, to be equal partners in decision making about their lives and have their views respected and understood from an early age.

Young people have told us that having earlier access to a programme of holistic support, meeting other young people with arthritis who have had similar experiences and developing their own peer support network is invaluable. We work with the Rheumatology team to enable this to happen.

Our ambition is that “every young person has the support they need, when they need it, to live well with their arthritis”. Our work is focussed on young people being more resilient, less dependent, more confident and empowered.

We have staff in the transition and adolescent clinics in Aberdeen and staff are available outwith clinic times.

For more information or support outwith clinics you can get in touch with Klaire at the email address below or a member of the rheumatology team can pass on your details.

✉ **Jointpotential@versusarthritis.org**

What happens once I've been to the clinic?

After you've been to the Transition Clinic, you'll be transferred over to our Young Person (under 25s) clinics within the adult service.

When you've transferred over, if you live in the Elgin area, you can be transferred to the Adult Review Clinic at Dr Gray's Hospital if you prefer. However this is not a Young Person Clinic and doesn't have the same time or support allocated to a recently transitioned person. Otherwise you'll be seen in the clinic at Ashgrove House, Foresterhill.

Can I be seen on my own?

At first, it can be helpful if an adult comes with you to the Rheumatology Clinic. As time goes on, your parent or guardian may start to take more and more of a back seat during your appointments.

At some stage, you may wish to discuss with your parents or guardians if you can see the doctor on your own. It's up to you when you want to see the doctor on your own.

How can I contact the team?

If you have any questions about your visit to the Transition Clinic or about your condition, please email us at:

✉ **gram.rheumadvice@nhs.scot**

**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on 01224 554149 for a copy.
Ask for leaflet 0011.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it,
please call 01224 554149 to let us know.