

Contact details

The Children and Young Person's Epilepsy Team, Lister Hospital

Telephone: **01438 288382 / 288383**

E-mail: paediatricpilepsyservice.enh-tr@nhs.net

Support Organisations

Printed here are a number of national organisations that can supply help, information and advice:

Epilepsy Action is the leading organisation working with people affected by epilepsy. They have an excellent website which provides information for children in a child friendly form.

Telephone: **0808 800 5050** or visit www.epilepsy.org.uk

Epilepsy Society is the UK's largest medical charity in the field. Epilepsy Society provides a confidential helpline for everyone affected by epilepsy.

Helpline: **01494 601 400**

Enquiries: **01494 601 300**

www.epilepsysociety.org.uk

Adapted from the East & North Hertfordshire NHS Trust Transition Policy

www.enherts-tr.nhs.uk

You can request this information in a different format or another language.

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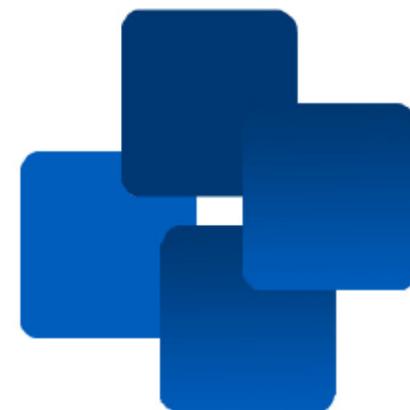
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Epilepsy Service for Children and Young People Transition to Adult Neurology

Patient Information Leaflet



Introduction

This leaflet explains the process for transition from the Children and Young Person's Epilepsy Service to Adult Neurology.

What is transition?

Transition is the term used to describe the process of change; transferring or moving on from the Children and Young Person's Service to the adult service to continue with your epilepsy care.

Transition is a gradual change which gives everyone time to ensure that young people and their families are prepared and feel ready to make the move to adult health care.

During your transition process you will be given an Integrated Care Pathway (ICP). Your clinician will go through this checklist with you to prepare you for the transition from The Children and Young Person's Epilepsy Service to Adult Neurology.

Your outpatient care is transitioned between 14-16 years of age.

Preparing for Transfer of Care

Transfer is the term used to describe your move to Adult Care. This will usually take place by the time you are 16 years old.



By the time of your transfer, you should be confident to make decisions about your care with the support of your family/carers. We will support and encourage you in making these decisions.

Once you have been seen by an adult neurologist, they will continue to keep your school or college informed of any additional support you may need at this time.

What to Expect

Your epilepsy specialist will go through your Integrated Care Pathway (ICP) with you throughout your journey with us. When you are about 16 years old we will make arrangements for you to be seen by a Consultant Neurologist.

Your Consultant Neurologist will be able to discuss the management of your epilepsy with other matters, such as

- **Contraception**
- **Life style issues**
- **DVLA**
- **Careers advice**
- **Drugs**
- **Alcohol**
- **Pregnancy**
- **Emotional well being**

If you have any questions or need more information please ask your named nurse or contact the Children and Young Person's Epilepsy team using the contact details shown on the back page of this leaflet.