

Planning for Good Health In Adulthood

Supporting your young person to maintain good health in adulthood is a key part of the review process.

Your young person may have been receiving support from a Paediatrician and this support ends at 18. The person who will need to know about your young person's health needs when they are 18 is their General Practitioner.

Things to think about

- Does your young person need help to understand their condition
- What good support looks like for your young person to maintain good health
- What needs to happen for your young person to stay as healthy as possible?
- Do they need a Health Support Plan?
- What will happen to any equipment?
- Is a Hospital Passport needed?
- Can you get annual health checks via your GP?
- What are the discharge dates from Children's Services and who will take over any therapies in adult life?
- Will any existing paid supporters continue to support them when they are 18?

Information can then be used to inform the Education Health and Care plan



www.rainbowresource.org.uk

On The Rainbow Resource you can find out about a variety of support organisations that aim to improve the quality of life.

This includes counselling, support groups and information about keeping healthy, you will find local and national services that provide information and advice to help you with physical and mental health and wellbeing.

Through the Rainbow Resource you can view support organisations that can provide support in health and improving the quality of your life including:

- Sexual Health
- Healthy Eating and Diets
- Continuing Health Care (subject to assessment and eligibility criteria)
- Personal Health Budgets (subject to assessment and eligibility criteria)
- Exercise and Being Active
- Substance Abuse
- Young Persons Health Groups
- Swimming Pools
- Gyms
- Equipment and Adaptions
- Health Services
- Leisure Centres

Additional sources of support are listed overleaf