

# TRANSITION CHECKLIST

## FOR YOUNG PEOPLE WITH ADHD MOVING INTO ADULT SERVICES

The purpose of this checklist is to aid young people with ADHD to effectively transition to Adult services.

Name of healthcare professional: .....

Name of young person: .....

Date of transition: .....

To ensure an effective transition, please consider the following:

YES NO

1. Is the current treatment regimen optimised?			
a. Outcome measures used			
b. If not, put a plan in place to reach optimisation prior to transition, in accordance with NICE guidance for adults with ADHD			
2. Discuss with the young person their thoughts on long term medication			
3. Discuss future plans (education and employment)			
a. Identify key areas of need in future plans that will aid medication decisions			
4. Discuss if the young person wants to access further support after transitioning			
a. If so, what support do they want			
5. Agree with young person where they will transition to			
6. Discuss with the young person who to contact if they have a question about their care			
a. Details of team holding clinical responsibilities			
7. Discuss with the young person what to do in case of a medical emergency relating to their mental health			
8. Ensure the young person is aware of the medication they are taking and why			
9. Discuss the transition plan with the parent/carer, and include them in planning			
10. Discuss with the young person the need for them to manage their own medication and appointments			
11. The patient understands that if they decide to take a medication break or be discharged from the service, they may go on a long waiting list if they wish to recommence treatment or medication at a later date			

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