



# Transition to Adult Services for Young Adults (16-18)

## Welcome to Adult Services

When young people approach the age of 16 to 18 years old, treatment will move from Children's Services and continue in Adult Services. This means that you will now be seen in the Outpatient's department for your appointments and you will be admitted for any procedures through ADCU (Admissions and Day Case Unit) or one of our adult wards.

We are aware that being a young adult using adult services can be daunting, especially if it is your first experience of staying in hospital.

This information leaflet is intended to provide you with a better understanding of what support and reasonable adjustments are available to young people and their families to help with this hospital journey.

## Supporting you

We have a dedicated Transition to Adult Services Clinical Nurse Specialist called Clare Hinwood. Her role is to provide specialist care, support and advice to all patients aged 16 – 18 and their families whilst in the hospital. Clare also helps to prepare patients for the transition to adult services, from the age of 12 in the Children's Outpatient department. Clare is always happy to help, if you have any concerns or would like more information please contact: **07970874392** or email **clare.hinwood@nhs.net**



## Admission to hospital

If you are coming into hospital for treatment,

you are able to bring one parent/carer with you to support you if you want. Our hospital charity (The Royal Orthopaedic Charitable Fund) generously funded the refurbishment of some side rooms specifically for our Young Adults. These side rooms are available to ensure you and your family feel as comfortable as possible whilst staying with us. Our charity is all about funding the added extras to make our patients feel supported, which is something so important.

## What's available to you in the Young Adult Rooms

- Smart TV
- BBC iPlayer, Catch up TV, Amazon Prime Video and much more
- X-Box 360 with multiple games
- DVD's
- Nintendo Switches

Please speak to the nurse looking after you so that you can make the most of these!

## Having a loved one stay with you

This may or may not be your first stay overnight in hospital, but we support the fact that you may appreciate to have a loved one with you whilst you recover from surgery. If you are in a side room, we are able to accommodate one family member, partner or friend who must be over 18 years old who can stay overnight with you. Please ask a member of staff on the ward who can provide bedding etc. and a recliner chair. If you would like a parent/ carer to stay with you please discuss with the Transition CNS beforehand, who can make appropriate arrangements.





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### Accommodation

We have an on-site accommodation block available for your family to book ahead of admission. Although we ask for bookings in advance, there may be space available on the day if needed. There are standard rooms and 1 family room with different tariffs. To book please call our facilities team on 0121 685 4255 and make them aware you are a Transition patient to enable you to obtain a reduced rate.

All on-site accommodation has shared kitchen, bathroom & living facilities. Tea & coffee making facilities available within each bedroom. Washing machines and dryers are available for guests to do laundry, which is free of charge.

### Car Parking



As a young adult patient, you and your family are entitled to discounted car parking rates. You can pick up a form from a member of the nursing team. Completed applications must be given to the car park attendant .

### Food & Drink

Although we encourage all our patients to choose one of our healthy options from our catering menus, we are aware that sometimes our patients struggle to find something of their fancy. Therefore, we have made some alternative options for you to choose from on our Young Adult menu. Staff on the ward will provide you with a copy of both menus each day to choose from. Parents must provide their own food for themselves.



### Café Royale

Café Royale is situated on the first floor of the Treatment Centre (down the corridor from X-ray), serving hot and cold meals and drinks, light refreshments and snacks. There is also 24-hour refreshment facilities and a microwave

available for anyone to use.

### Royal Voluntary Service (RVS) kiosk and snack trolley

We have a small kiosk near the Outpatient department selling hot or cold drinks, snacks, magazines, newspapers and toiletries.

RVS also run a trolley service to the wards on a daily basis, selling newspapers, snacks and drinks.

### Visit our gardens

Sometimes a little fresh air can make you feel lots better, do ask your care team if you are able to leave the ward first though.

- ROHBTS Memorial Garden
- Courtyard Garden

### Education

We have contacts with James Brindley Hospital school and can make a referral to them if you are going to be an inpatient for 5 days or longer.



Types of support available are:

- A teacher or tutor will visit you at an agreed time to support work set by your school or college
- If you have not yet attained a Level 2 qualification in English & Maths they can provide specialist support
- They may be able to provide some direct teaching for you – A Level subjects if you are staying for 10 days or more. This may be lessons delivered by our virtual classroom
- Careers advice from our Careers Team if you are not at school or college

If you would like more information regarding this please speak to the Transition Nurse or ward



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staff.

### High Dependency Unit

Dependent upon the type of surgery you have you might need to be cared for in HDU for a short period following your operation. HDU is an area within theatres which cares for patients who require close monitoring usually 1:1 care after surgery.

Admissions to HDU are usually planned events and you will be informed of it in your pre-operative assessment. Unfortunately, facilities for parents to stay with you in HDU is not always guaranteed dependent on the availability of side rooms, but we will try and accommodate parents if possible.

### Privacy and Dignity

We actively promote the importance of maintaining each individual's privacy and dignity during their hospital stay. Information sharing is dealt with confidentially and shared on a need to know basis.

### Infection Control

Infection's aren't fussy ... please help us in our quest to prevent and control infection.

- Please use the alcohol gel on entry and exit from the ward.
- Do not allow visitors to sit on your bed.
- Stay away from the ward if you have any flu like symptoms.

Unfortunately, we do not allow flowers within the hospital.

### Faith Services

The Trust has a dedicated contemplation, prayer and mediation room located in the treatment centre on the ground floor. This room is open at all times for patients and visitors. Facilities to wash and items to facilitate prayer

or mediation are available in the room. We encourage our parents/carers to utilise this facility if they so wish as the wards can be busy and bed spaces may be interrupted due to care.

### Other facilities and Information

The Trust operates a no smoking policy. Smoking is not permitted anywhere on the site.

There is a cash machine within the Trust opposite the X-ray department.

There is free access to Wi-Fi. Search for NHS Wi-Fi and sign in to the network.



### Feedback / complaints

We are always keen to hear your views on the service we provide. If you have an idea or suggestion please let us know.

During your stay you may be asked to complete a feedback form either electronically or a paper version. We use your answers to develop our services to improve future care.

If you are unhappy with your care please speak to the nursing staff on the ward.

Alternatively, there is a Patient Advice Liaison Service (PALS) available and a member of staff can provide you with an information leaflet for their service and details of how to contact them.



We'd love to know your thoughts on our Young Adult facilities, please share your feedback during or after your stay: [www.surveymonkey.co.uk/r/ROHYA19](http://www.surveymonkey.co.uk/r/ROHYA19)