

To make or change appointments or if
you have vision, mobility or access issues
please contact:

Secretary to Dr Kingdon on:
01273 696955 Ext. 62854

If you require this document in a language other than English please inform
your interpreter or a member of staff.

إذا كنت تريد هذه الوثيقة بلغة أخرى غير اللغة الإنجليزية، فيرجى إخطار المترجم الفوري المخصص لك أو أحد أفراد
طاقم العمل.

ইংরেজি ছাড়া অন্য কোন ভাষায় এই লিখি আপনার প্রয়োজন হলে অনুগ্রহ
করে আপনার অনুবাদক বা কোন স্টাফকে জানান।

如果貴方要求提供本文檔之英文版本以外之任意語言版本，則請告知貴方的口譯員或
任意職員。

در صورتیکه این سند را به زبان دیگری غیر از انگلیسی می خواهید، لطفاً به مترجم خود و یا یکی از کارکنان
اطلاع دهید.

如果□方要求提供本文件之英文版本以外之任意語言版本，□□告知□方的□□□或
任意□□。

Jeżeli chciałby Państwo otrzymać niniejszy dokument w innej wersji językowej,
prosimy poinformować o tym tłumacza ustnego lub członka personelu.

Se precisa deste documento noutra língua por favor informe o seu interprete ou
um membro do pessoal.

© Brighton and Sussex University Hospitals NHS Trust
Disclaimer

The information in this leaflet is for guidance purposes
only and is in no way intended to replace professional
clinical advice by a qualified practitioner.

Ref number: 653
Publication Date: April 2015
Review Date: April 2017



Welcome to the Transition Clinic

Patient Information Leaflet



A clinic for young adults
with kidney disease

What is the Young Adult Clinic?

The Young Adult Clinic is designed to bridge the gap between children's and adult services; to smooth the way from a service where your parent or carer and doctor probably took most of the responsibility for your care, to one where you're in charge of your health and work in partnership with your healthcare team.

You might be surprised to hear that the transition to adult services can be just as difficult, if not more difficult, for your parents and carers than it is for you! So, they are also invited to come along if you would like them to.

What will happen on the day?

You will be invited to attend a clinic session which will last roughly two and a half hours.

During the session you will have appointments with Dr Ed Kingdon and Sister Rachel Anson. Your parents, partners or carers are welcome to accompany you to these one to one appointments – it's entirely up to you.

For the rest of the time it's an informal set up and there will be the opportunity to talk to other team members, patients and their families or friends.

Which other team members will be there?

Sian Gallagher, Counsellor

Counselling aims to help patients and their families explore feelings and anxieties at any stage of their kidney career.

Lee Hamilton, Welfare Officer

Offering support with social/personal welfare needs including academic/work issues, housing, benefits and allowances.

Stephanie Butler, Pharmacist

Available to offer advice and guidance on prescription, over the counter and alternative medicines.

Annabel Alder, Dietitian

For guidance in your dietary choices to keep you and your kidneys as healthy as possible .

Whilst no one expects you to look forward to your hospital appointments, our patients tell us that they appreciate meeting other people in similar situations to them and parents and carers feel more confident to take a step back, knowing that the support is there.

If you would like a one to one appointment with any member of the team, just ask and this can be arranged for another day.

Of course, if you are unable to attend the full session, that is fine too. We'll provide you with the contact details of all the team members so you can speak to them at a more convenient time.