

Dear

You are receiving this letter from your NF2 team as you are about the right age to start thinking about the transition process in the NF2 service.

Now, you might be wondering what is transition?

Every young person with NF2 has their own journey. Some young people are diagnosed early and spend a long time cared for by a specialist children's team, sometimes in a children hospital. Sometimes, young people are already teenagers when they get diagnosed.

Whether you have known your medical team all your life or just got to know them, you will need to make the move to adult services and maybe a different hospital around the time you are 16 years old. Be reassured that this is not a set age and will depend on your own personal needs so might be a bit later if it suits you better.

This move is referred to as "Transition". It essentially refers to everyone's need to get ready to move on to being cared for by medical teams for adults and be more in charge of their own treatment. It means making plans so you are well prepared to work with some new team members.

Even more importantly this means that you are growing up and will be expected to take greater responsibilities for yourself and therefore for your appointments and medical care.

For example, we'll encourage you to be the one talking to the professionals you meet and be more and more involved in making the right decisions for yourself. Sometimes this is not so easy for you at the beginning but also for your mum/dad/carer/ guardian who have been used to being in charge of your care and medical journey.

This is why our team aims to prepare you and your family as best as possible to feel ready for this change.

It could be very useful for you to have a look at the enclosed check list and think about the different points on your own or with your family.

We will make contact with you a few weeks after you receive this letter and discuss any points you might be worried or have questions about.

In the meantime, if you have any questions, big or small, please do not hesitate to contact the team.

Yours sincerely,