

# Let's think transition in NF2

**16+ years old – please turn page over**

## Medical Knowledge around my NF2

I can describe what NF2 is and how it affects me.

I know what regular follow up are needed to monitor my NF2.

I know when to take my medication (when I have some) - names, doses, how often.

I know who's who in the medical and nursing team that monitor/ treats me.

I know about resources that offer support to young people with NF2.

## Self-Advocacy (speaking up for myself)

I know about my upcoming appointments and think about what I would like to know and ask.

I ask my own questions in clinic.

I feel confident interacting with the medical professionals

I am able to be seen alone for my clinic visit

I can let people know about my communication needs and the support I need (if I have any)

## Managing your emotions

I can recognise my emotions.

I know someone I can talk to when I feel sad, fed up or worried.

I know how to deal with emotions such as anger, anxiety or sadness.

I know how to deal with unwelcome comments / Bullying if I receive any

## Transfer to Adult care around 16 years old

I understand the differences between Paediatric & adult health care.

I understand the meaning of "transition" to adult care and that information about me will transfer to the new team. Health & Lifestyle

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## Leisure

I see my friends outside school hours

I have some interests and hobbies outside of school.

I can use public transport and access my local community, e.g. shops, leisure centre, and cinema

## School and your future

I feel settled in school

I am managing my school work

I have a friendship group in school

I have an idea about what I would like to do when I leave school.

## Daily Living

I can look after myself at home in terms of dressing and bathing/showering.

I can make my own snack/meals when I need to.

I am able to stay away from home overnight

## Health and lifestyle

I understand the differences between Paediatric & adult health care.

I understand the meaning of "transition" to adult care and that information about me will transfer to the new team. Health & Lifestyle

I understand it is important to exercise for my general health and also my NF2.

I understand what appropriate eating means for my general health.

I understand the risks of alcohol, drugs & smoking to my health.

I know where and how I can access information about sexual health

I have good friends who support me.

I know where and how I can access information about healthy relationships