



Young People's Newsletter

Issue 7, May 2017

Sorry it's been a while!

**Here is what we have been up to while we've
been away....**

If you'd like to contact us, please do:

Professor Allan Colver: Chief Investigator

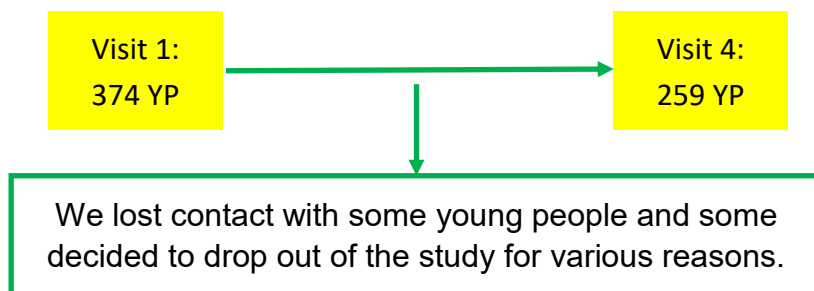
Email: transition@ncl.ac.uk Telephone: 0191 282 1389

<http://research.ncl.ac.uk/transition/>

Over the last 6 months.....

The final visits for the study were completed by the end of October last year.

We were very happy with the number of young people that were able to stay in the study for the full 3 years.



This has left us with lots of data to analyse. We have been busy entering the data into a secure database.

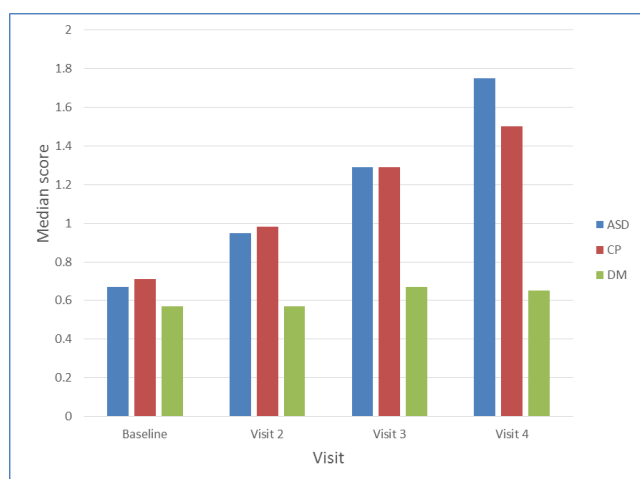
We have been doing lots of work looking at:

- Dates of last appointment in children's services.
- Which services young people attend after children's services, e.g. adult services or their GP.
- Which features of care look like they help young people with the transition to adult services e.g. having a key worker, being happy with the level of parental involvement, meeting an adult team member before transfer.

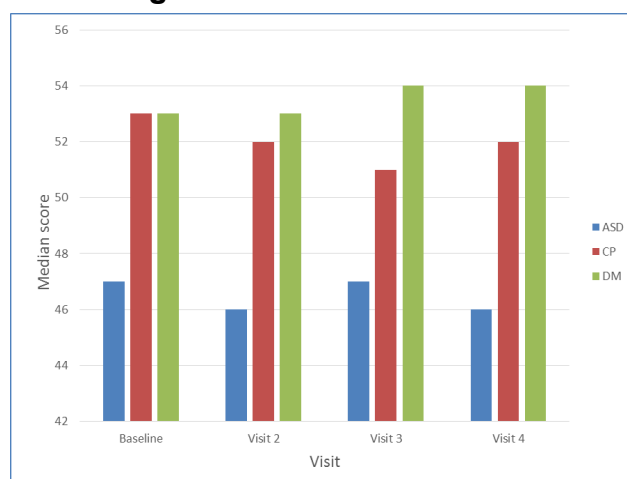


We have been looking at how young people's answers to some of the questionnaires changed over the four visits:

Satisfaction with services:



Wellbeing:



Over the 4 visits:

- Satisfaction with services did not change for those with diabetes. But for those with ASD and CP it steadily worsened.
- The wellbeing scores of those with diabetes and cerebral palsy and ASD remained similar – and those with ASD continued to have significantly lower wellbeing.

We asked you about '**Proposed Beneficial Features**' of care at each of your follow-up visits:

1. Age-banded clinic	4. Meeting adult team member	7. Promoting health self-efficacy
2. Appropriate parent/carer involvement	5. Having a key worker	8. Care coordinator
3. Multi-disciplinary team	6. Transition Plan	9. Life-skills training

So far we have found the proposed beneficial features associated with greater satisfaction with services and better wellbeing are;

- **Appropriate level of parental involvement:** both parents and young people are happy with the level of involvement parents have in the young person's healthcare.
- **Promotion of health self-efficacy:** receiving help from health services to increase young people's confidence in managing their condition.
- **Meeting a member of the adult team** before transfer, e.g. joint appointment with children's services or an introductory meeting.
- Attending an **age-banded clinic**, e.g. adolescent clinic or a joint clinic.

These are just some of the early findings. We are looking in more detail at these features and our recommendations will be reported in the final report later this year.

Meeting Commissioners

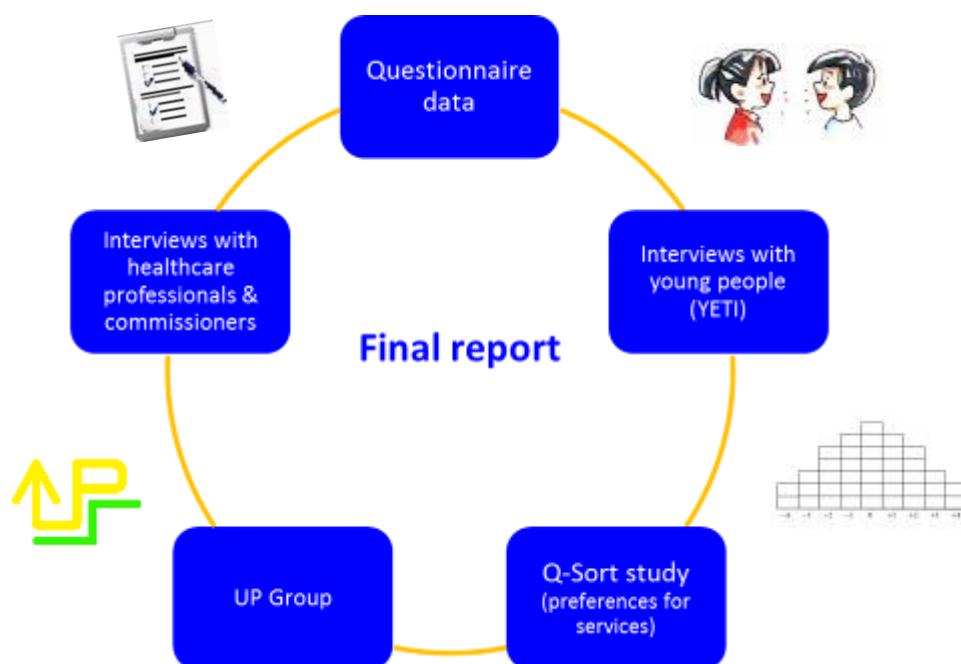
Two of the lead researchers have been travelling around the country to meet commissioners (the people who make decisions about healthcare services) to discuss our research.

We have been learning how best to present and share our research with commissioners so they understand what we have done and the importance of the results.

These discussions have been very helpful and influenced how we will present and share our findings with them.



Members from all the different parts of this programme of research are meeting regularly to discuss findings and see how all the data fits together.



We will be sending you a report of the findings and conclusions later this year.

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Finally, on behalf of the whole team, we would like to say thank you to all for being a part of this research with us!

The project would not have been the success it has without you.



Keep an eye on our website for changes and updates about what has been happening

www.research.ncl.ac.uk/transition