Moving on UP Key Transition Stages

'Moving on Up' presents a staged approach to transition that recognises health services need to take a lifecourse approach to working with young people with chronic conditions and their families. Preparation for transition through enabling self-management should begin at diagnosis, whatever age this may be. Starting self-management support early enables young people to develop the skills, behaviour and confidence they need to look after their condition, over an extended period of time.

The *Framework* proposes that there are six key transition stages.

6	 Young adulthood (approx 18–24 yrs) signifies the need to move to adult healthcare services independent healthcare behaviours and self care acceptance of chronic condition
5	Older adolescence (approx 15–18 yrs) • active transition phase. Primarily address the young person in healthcare interactions and encourage them to be independent in their healthcare
4	Early adolescence (approx 12–14 yrs) • active preparation for transition. This involves providing health education, self-management support and increasingly spending time with the young person without their family/caregivers
3	Middle childhood (approx 7–11 yrs) the introduction of independent healthcare behaviours and self care
2	 Early childhood (approx 3–6 yrs) begin self-management skill development by encouraging participation in own healthcare behaviours
1	Infancy (approx 0-3 yrs) self-management support directed at family/caregivers