

PLAIN LANGUAGE SUMMARY

Transition to adult services experienced by young people with cerebral palsy: A cross-sectional study

The study aimed to explore the experiences of young people with cerebral palsy (CP) as they transition from pediatric to adult healthcare services. Transition is a planned process that addresses the needs of young people as they move to adult healthcare. The researchers conducted two national surveys. One was conducted with 75 young people with CP aged between 16 and 22 years. A second was conducted with 108 health professionals who provided services to people with CP. Young people were asked if they had experienced nine practices that the researchers thought indicated good management of transition. Health professionals were asked if they provided the same nine practices.

The results of the study showed that most young people did not experience the nine practices. Only 16% had the opportunity to meet someone working in an adult team before leaving pediatric services. Only 24% received information about transition and only 13% received a written transition plan. Only 17% received support to manage their mental

health and emotional wellbeing, while 36% received support to manage their physical health. Most young people and parents were happy with how much the parent was involved in the young person's care.

Health professionals were more likely to provide the nine practices. For example, 69% gave information about transition to young people and 63% provided a written transition plan. Nearly 75% of health professionals provided self-management support.

The study identified some key practices that could improve the experience of transition for young people with CP if they are consistently provided, such as providing information and giving them the opportunity to meet the adult team before they leave pediatric services. The study also underscores the need for healthcare providers to work collaboratively with young people with CP and their families to develop a transition process that meets their needs.