



Norfolk Community  
Health and Care  
NHS Trust

# MY ADHD TRANSITION PASSPORT



We know that ADHD can present differently for each person. The transition passport is something that is personal to you, a place where you can write any questions, worries, or ideas about what you feel would be helpful to make a successful transition to the adult ADHD team.

**My worries about transition are:**

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**To make my transition to the adult ADHD successful:**

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**My questions about transition to the adult ADHD team are:**

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Readiness for transition checklist:

Ready	Yes/no	What is needed next	By whom and when
I have an understanding of what ADHD is.			
I know the name of my medication, when to take it and what dose I need to take.			
I know what side effects to look out for			
I take responsibility for taking my medication			
I am ready to have an opportunity to be seen separately from my parents/carers in clinics.			
I know who to contact if I have concerns about my medication			
I am ready to have an opportunity to be seen separately from my parents/carers in clinics.			
I would like to think about having a planned break from my medication.			
Steady			
I have had the opportunity to ask questions about transition to the adult ADHD team			
I have been given the transition leaflet and information pack			
I know how to contact the DVLA			

I know the risks and the reasons for not taking my medication with alcohol			
<b>Go</b>			
I understand the process of transition in ADHD			
I know who to contact if I have worries about my medication when I transition to the adult ADHD team.			
I know how to order repeat prescriptions			
I know how to store my medication safely			
I know who to contact if I am worried about my physical health			
I know who to contact if I am concerned about my mental health			

**My list of useful contacts:**