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**Information below can be Brailled to accompany the T-KASH resources**

**T-KASH**

**T**ransition **K**nowledge **A**nd **S**kills in **H**ealth

T-KASH is all about you building the confidence to manage your healthcare, while having the best life possible. As you get older you have to deal with lots of changes in your life and plan for your future, people sometimes call this transition. In health settings transition is used to describe things like:

 Learning to speak up for yourself

Taking more responsibility for your healthcare

 Transferring and settling into adult services

Your healthcare team will talk to you about different aspects of your life, these include things like:

**Knowing about my Medical Condition**

(How my condition affects my body, knowing why I take medication and its effect)

**Keeping Safe**

(Telling someone if I’m being bullied, being safe on the internet, looking after myself when I go out with my friends)

**Planning My Future**

Getting a good education, volunteering, finding work, having the best life possible

**My Life, My Family**

My dreams/wishes, getting on with people at home, helping around the house

**Growing Up Wise**

Managing money on a budget, planning my time, knowing where to go for more information

**Health and Life Skills**

Healthy eating, exercise, shopping, cooking, getting around where I live

**Fun and Leisure**

Going out with my friends, doing things I like, having a laugh

**My Emotions**

Looking after my emotions, knowing who to talk to and where I can go for help

**Speaking Up For Myself**

Asking my own questions, seeing healthcare staff on my own, understanding my rights and responsibilities

**Transfer to Adult Services**

(Planning, preparing and transferring to adult services, taking more responsibility for myself)

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