

Transitioning from Children's to Adults' **Epilepsy** Services

Adult Epilepsy Nurses

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Monday to Friday 9pm-5pm

Transitioning from children's to adults' epilepsy services

What is transition?

Transition is the process in which your care moves from paediatric to adult services. Epilepsy often starts in childhood or adolescence and is managed by paediatricians, paediatric epilepsy nurses and paediatric neurologists. Your general practitioner (GP) will usually be responsible for routine prescribing of medications and seeing you for typical childhood illnesses. When you are between 16 and 18 years of age, your healthcare (including epilepsy care) will transition (move on) to adult services. Adult epilepsy care is provided by a combination of neurologists, epilepsy specialist nurses and your GP. Often we tell parents/carers all about epilepsy when a child is too young to understand. When you are older and ready to become more independent, it is very important that you know as much as you can about your own health and how to manage your condition.

What happens in transition?

You will initially meet the paediatric epilepsy nurse and the adult epilepsy nurse in the young adult epilepsy clinic where we will discuss your seizures, medications, lifestyle and concerns. This will be in the adult neurology department. If you have a learning disability, the community learning disability nurse may also attend. You are welcome to bring family or friends with you.

Your care will be discussed with the adult neurology team, and if needed, you may see an adult neurologist in clinic at a later date.



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We will discuss your health, lifestyle and aspirations for the future. Together we will draw up a plan for the next steps in adult services.

How are adult services different to paediatrics?

- Your GP will also become an increasingly important person in your care, as they may be able to make changes to your medications. Try to book a review with them on a yearly basis. If your epilepsy is well-controlled, you will not have regular reviews with the hospital epilepsy team, but you or your GP can ask them for advice.
- As an adult we often discuss different topics such as employment, benefits, driving, and family planning.
- You are welcome to bring family or friends to your adult appointments, but we would encourage you to do the talking, to call the epilepsy nurses when you need advice, and to take control of ordering and taking your medications.
- Your parent or guardian will now need your consent to be involved in your epilepsy care and discussions.

Think of transition as the process of becoming independent. We know this can be an anxious time. Please don't hesitate to reach out and talk to us.

Contact Details

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Useful Websites:

Epilepsy Action: www.epilepsy.co.uk
Epilepsy Society: www.epilepsysociety.org.uk
DVLA: www.gov.uk/epilepsy-and-driving

Royal United Hospitals Bath NHS Foundation Trust
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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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