

Manchester Royal Eye Hospital
Orthoptic Services**Information for patient**

Transition at the Manchester Royal Eye Hospital

Why has this leaflet been produced for you?

The purpose of this leaflet is to give you information and ease you through the process as your care gets gradually transferred from the children's service to the adult service. This is known as transition and happens if you have a long-term condition like glaucoma, uveitis etc. Childrens' services at the Manchester Royal Eye Hospital also includes clinics at Altrincham and Trafford hospitals.

What is the "Ready, Steady, Go" Programme?

At the Manchester Royal Eye Hospital, we use the Ready, Steady, Go Programme to prepare and support your transition. This programme asks questions that have been designed to give you all the skills and knowledge to support you in becoming independent with your care.

We understand that this can be daunting for both you and your parents/carers. Trust guidelines state we should start you on the programme from the age of 11. There are three sections, and you stay on each one for several years. This can now be sent to you on the myMFT app, and you can always ask one of the orthoptists, nurses, or doctors for more information.

Will I need to go to another clinic?

For several years, you have probably been attending one specific clinic at the Manchester Royal Eye Hospital. When you are ready for the adult services, you may have to go into a different clinic area with either the same health professionals or sometimes different members of staff.

We understand that this can be daunting and therefore the transition champion will show you where to go and introduce you to your new consultants/staff members so that the transition process is as smooth as it can be.

Please be reassured that the new clinical team looking after you will still know about your medical condition and will be able to discuss with your previous doctors if required.

How can I suggest changes to the service?

- Remember that the transition process is all about you. If you ever feel that we could do something better or feel that you need more information or more support than please let your health professional know.
- As always, we welcome your feedback to ensure you have a successful visit with us and a positive experience, so please do let us know your thoughts, good or bad. This helps us tailor the service to your needs and can be completed verbally or written on the young people board in clinic H, feedback wall at Altrincham or through the friend and family test card.
- You can also be part of the youth forum, which gives you an opportunity to express your views and ideas about changes you would like on how we deliver services for our children and young people. If this is something you would be keen on being involved in, please let a staff member know.

What are reasonable adjustments?

It is the law to allow everyone equal access to healthcare so that no one is disadvantaged because of a physical or mental disability, including learning disabilities and autism. At the Manchester Royal Eye Hospital, we can continue to provide some of the following for you as you transition from the children to adult services.

- If you feel you want to leave the waiting room at Manchester Royal Eye Hospital to go and get refreshments or have a change of scenery, we can give you a pager. This is a small device that buzzes and flashes to tell you when you need to come back to the clinic. At Altrincham we have refreshments and can offer a quiet space whilst waiting.
- A storyboard which shows in picture form, what may happen on your appointment, can be sent to you in advance.
- Fidget boxes can be provided which include pop it fidget toys and spinners.

More information on this can be found here;

<https://mft.nhs.uk/app/uploads/sites/2/2025/01/REH-288-Reasonable-adjustments.pdf>

What other support do I have as I transition from the children to adult services?

At the Manchester Royal Eye Hospital, we have an Eye Clinic Liaison Officer who can provide information, advice, and support regarding education, employment, benefits, social groups and counselling. They can provide you with emotional and practical support and help you to answer any questions you may have. Please let your healthcare team know, should you wish to speak to them.

Other useful information:

Pharmacy

If you are under 16 years old: You will take your prescription to the Outpatient pharmacy located in the Children's Hospital near the Children's Accident and Emergency Department.

If you are over 16 years old: You will take your prescription to the Outpatient pharmacy located in the Manchester Royal Eye Hospital across from clinic G. If you are 16-18 and in full time education you will be exempt from prescription charges. If you are over 18, you will have to pay.

Eye Drops

You may need eye drops so we can look at the back of your eye:

- They dilate your pupil (the black part of your eye).
- They take approximately 20-30 minutes to work.
- They will blur your vision for generally up to 4 hours.
- If you have these drops, you should not drive until the effect has worn off.

Contact information:

Transition Champions: **Ellisha Solanki/Gigi Binny/Rachel Adams**

Autism Champion: **Rachel Clarke** (autism.clinich@mft.nhs.uk)

You're Welcome Champion: **Maryama Warsame**

Orthoptic department telephone number: **(0161) 701 4882 Available Monday-Friday 9.00am – 4.00pm.**

Youth forum email: **Youth.Forum@mft.nhs.uk**

The Eye Clinic Liaison Officer is **Laura Ross**

T: (0161) 701 4258

M: 07989145471

E: laura.ross@mft.nhs.uk

The paediatric uveitis nurse specialist is **Rachel Adams**

T: (0161) 701 0618

The senior adult uveitis specialist nurse is **Gigi Binni**

M: 07977331792

The adult glaucoma specialist nurses are **Rachel Hilton** and **Elouise Robinson**

T: (0161) 701 4819

Other useful information:

Career support

- Schools have a duty to provide independent and impartial careers advice for 13–18-year-olds
- National Careers service: 13 – 19 call or email through the website. If 20 + can get face to face guidance. Tel: 0800 100 900
- connexions (Greater Manchester)
- Career connect (Manchester)

Emotional and mental health support

- GP
- NHS talking therapies
- Kooth
- 42nd street