

# Moving from Children's to Adult **Chronic** Fatigue Services

**Supporting young people with ME/CFS,  
Chronic Fatigue Linked to Other Conditions  
or Cancer Related Fatigue**



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**Young people between 16 and 19 years of age may start to feel ready to move on to our adult service. This leaflet explains how this works and some of the ways we can help with this transition when you are ready.**

## **Are you 16 – 19 years of age and have long standing fatigue? It may be time to transition from Paediatric to Adult Services**

If you are currently 16-19 years of age and being seen in our Paediatric ME/CFS Treatment Service at the RUH, or by The Young Adult cancer services in the region, you may be eligible to transition to our Adult fatigue clinic. This is provided by the Bath Centre for Fatigue Services (BCFS) and is a specialist rehabilitation service led by Consultant Occupational Therapists.

We try to put you in charge of how your transition works. Our specialist BCFS team and your existing paediatric team can facilitate a smooth transition to adult services by, for example:

- Meeting with you and your family or carer to establish your treatment needs.
- Designing a self-management plan to help you cope with the impact of fatigue on your day-to-day life as you move into adulthood.

## **How do I request a referral to adult services?**

Your current Paediatric Service Clinician will discuss this with you in your appointments; they can advise you on the next steps and will make the referral for you when appropriate.

## Treatment Options

Following an individual assessment, you may be offered a place on a self-management outpatient fatigue programme with BCFS.

If you live some distance away from the RUH, BCFS may offer you help on an individual basis. We will work with you to design a treatment programme that best suits your needs and abilities.

### Included in our Treatment Programmes:

- Individual and/or group outpatient sessions as agreed during your transition planning.
- The opportunity to meet and learn from others with the same condition.
- The opportunity to work with a team that understands your needs.
- Working out how much energy you have and how you use it.
- Assistance with pacing, planning and prioritising everything you need, want and have to do.
- Information on how to improve sleep routines.
- Goal setting in daily routines and valued activities.
- Exploring how we communicate with others.
- Ideas on what to do if you are having a 'bad day'.
- The use of relaxation to address worries.
- Helpful tips for remembering things.
- General advice on healthy eating.
- Support and advice with starting or remaining in work or education. And much more!



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## Information and Advice

If you are a young adult considering a referral to adult fatigue services, or a parent/carer and would like to know more about what we offer, please contact the BCFS team administrators to organise a chat with a team member.

Administrators are also available to give advice on referral matters and can be reached during office hours Monday to Friday 8.30am – 4.30pm.

- Telephone: 01225 826555
- Email- [ruh-tr.RNHRDAdminBCFS@nhs.net](mailto:ruh-tr.RNHRDAdminBCFS@nhs.net)

Further information about Bath Centre for Fatigue Services can be found on our website:

[www.ruh.nhs.uk/rnhrd/patients/services/fatigue\\_services/index.asp](http://www.ruh.nhs.uk/rnhrd/patients/services/fatigue_services/index.asp)

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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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