



**Community  
Health Services**

CHILDREN, YOUNG PEOPLE AND FAMILIES



**Health**

Hunter New England  
Local Health District

# Growing Up and Moving On

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**ACI**

NSW Agency  
for Clinical  
Innovation



# • Definition of Health Transition

‘Transition is the **purposeful, planned** movement of adolescents and young adults with chronic physical and medical conditions from a child-centred to an adult oriented health care system’

Blum et al. (1993) Transition from child centred to adult health care. *Journal of Adolescent Health*, 14: 570-576



- Transition is a process not an event. It takes time
- Prepare from early teenage years to allow time to increase capacity to self manage
- Transfer of medical care is one component of the transition process
- It doesn't stop once you move to adult health services

# Why? When? Where?

## Why

Young people outgrow the scope of paediatric health services

## When

It varies. At John Hunter Children's Hospital it's usually when you leave school/ by 19<sup>th</sup> birthday. It can also be at a time of medical stability

## Where

Where do young people go? – Public/ Private/ GP

# NSW ACI Transition Network

- Network Manager, 3 Coordinators and 3 support workers
- Sydney coordinators based at Bright Alliance Building Randwick and Westmead Hospital (adult)  
Newcastle Coordinator based 621 Hunter Street
- State wide coordination service across 3 regions.  
Northern Region Coordinator Woy Woy –  
Queensland

# Trapeze



- Sydney Children's Hospitals Network Transition Service (*Children's Hospital Westmead & Sydney Children's Hospital*)
- Coordinators based at the children's hospitals
- Work collaboratively with ACI
- Website [trapeze.org.au](http://trapeze.org.au)

# • Role of the Transition Coordinator

Helps young people and their carers by:

- finding adult health services and can provide support by attending first "adult "appointments
- providing information about adult health services
- assisting to navigate and adjust to adult services and the different ways things may be done
- contacting the young person for a minimum of a year once transfer to make sure they have successfully engaged with an adult health service

# • Coordinators can help your Health professionals by:

- investigating options for appropriate adult health services
- providing resources to help to prepare young people for transition
- assisting with transition planning
- providing feedback



# CHECKLIST for young people

Use this checklist to identify the skills you already have, and the areas where you may need to increase your knowledge to help you  
**BECOME MORE INDEPENDENT**

- Know about your condition and how to manage symptoms and emergencies
- Know what medications you need and how to fill prescriptions
- Learn how to make your own appointments



# • CHECKLIST for young people . . .

- Start seeing your doctor on your own
- Be organised. Keep copies of clinic and discharge letters as the adult health service will require them
- Learn what symptoms need monitoring and what ongoing tests will be required, why and how often
- Know how to order supplies or equipment and learn how to maintain it

# • Non-medical things to think about

- Remember to declare any relevant medical conditions when applying for your Driver's Licence
- Find out if you are eligible for financial support or any concessions from Centrelink
- Open up your own bank account
- Apply for a tax file number if you are thinking about work
- Think about how you will keep in touch with friends once school ends
- Remember to enrol to vote when you are 18 years old!

# The GP or Local Doctor

- Everyone should have a GP
- Your GP is the coordinator of care and becomes more important in adult health
- Your GP should be someone you trust, listens to you and someone you are happy to talk to about anything

# Referral to Transition Services NSW

## **ACI Transition Care Network - 14-25 years**

For patients who have a chronic physical medical condition and will transition from specialist paediatric health services because of age [www.hnekidshealth.nsw.gov.au/site/transition](http://www.hnekidshealth.nsw.gov.au/site/transition)

## **Trapeze (SCHN) Transition Service - 14-25 years**

For patients who have a chronic medical condition and have been known to CHW or SCH [www.trapeze.org.au](http://www.trapeze.org.au)

Referral forms available at [www.aci.health.nsw.gov.au](http://www.aci.health.nsw.gov.au)

[www.aci.health.nsw.gov.au](http://www.aci.health.nsw.gov.au)

[www.hnekidshealth.nsw.gov.au](http://www.hnekidshealth.nsw.gov.au)

[Angela.Myles@hnehealth.nsw.gov.au](mailto:Angela.Myles@hnehealth.nsw.gov.au)



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