

Making the Move: Checklist for Young People

To make life a little easier, some people find having a list of 'things' to be achieved very helpful. It can be very satisfying to tick off what you have already achieved and jog your memory of what still needs to be done. Using this idea the checklist below has been developed for you to use as you start to think about, and make the move to, adult health services. The more you know the better prepared you will be to make the move when the time comes.

The checklist is broken into 2 sections;

- ⇒ Some things to think about as you are **starting out** with the move to adult services.

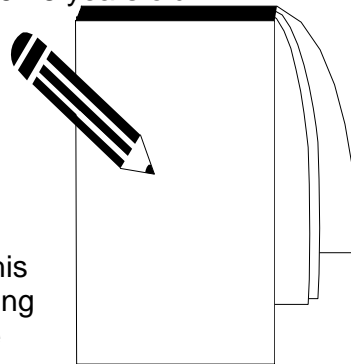
This usually starts from 13 years old.

- ⇒ The things that would be useful to aim for when you are **getting closer** to moving to the adult services.

This usually would occur between the ages of 16-18 years old.

But how do you achieve some of these things that are listed?

Let's face it; sometimes it is hard to talk to doctors and other health care professionals! To help you out with this another fact sheet has been included on 'Communicating with Health Care Staff'. It is hoped that this will provide you this come tips to help you get the information you need from them.



Starting Out

Use this checklist when your health care team start talking to you about the move to adult services. This usually starts when you are 13 years old.

- Start to learn about your disability or condition
- Learn the warning signs that mean you need emergency medical help
- Know who to call in an emergency
- Make sure you understand your medications, what their names are, what they do and when you take them.
- Start taking more responsibility for your own self care (such as cleaning your equipment, doing your exercises and taking your medications without being reminded)
- Take an active role in your appointments by asking questions
- Talk to your doctor about how smoking, street drugs and alcohol interact with your condition or the medication you are taking
- Talk to your doctor about difficult topics such as the changes in your body, puberty and contraception
- Ask your team to explain to you why you are having a test and the results of the tests
- Know about any allergies you have
- Ask your parents to wait outside the room so you can have some time alone with your health care team members.
- Learn how to have a prescription filled
- Talk to your doctor about transition, how and when you should move to adult services, your options and what differences to expect in the adult service
- Ask your health care team about where to get more information about your condition or other young people with disabilities

But life is not all about medical stuff!

Non – medical things to think about

- Think about what job you want to do after you finish school, especially when you are selecting your subjects.
- Start exploring your options for further education or training.
- Find out about other young people who have a disability, if you have an interest in this.
- Take on more responsibilities (chores) at home to increase your independence.
- Discuss with your doctor any restrictions there may be on playing sport.

Getting Closer

Use this checklist to build on the skills you already have, as you are getting closer to making the move to adult services. This usually occurs between the ages of 16 - 18 years old.

- Know about your disability or condition
- Know when you need emergency medical help
- Know who to call in an emergency and how to get in contact with them
- Learn how to make your own appointments and start making them
- Meet privately with members of your health care team
- Know how smoking, alcohol and street drugs interact with your condition and medication you are taking
- If you haven't already, talk to your doctor about birth control, how/if your condition may affect your fertility and genetic information you need to be aware of

- Tell your doctor if you are feeling low or having trouble at school or home
- Learn what tests you need to have, why and how often
- Ask for copies of medical tests and results as well as a verbal explanation
- Fill your own prescriptions
- Order the supplies for your equipment and know how to maintain it
- Enrol for your own Medicare card and find out about private health cover.
- Learn about how to maintain a healthy lifestyle with exercise and eating healthily
- Know what differences to expect in the adult service
- Start meeting with new adult doctors to 'check them out' before you have to switch
- Know your health history. (See fact sheet – My Historical Health)

Non – Medical things to think about

- Find out if there are any restrictions on you learning to drive
- Find out if you are eligible for financial support from Centrelink
- Think about your career interests, decide on what you will do after school finishes and find out what steps you have to take gain the further education or training you may need for this
- Think about how you will keep in touch with friends once school ends
- Remember to enrol to vote when you are 18 years old