



CHECKLIST FOR FAMILY/CARERS



Use this checklist to identify how you can help prepare your young person and yourself for transition

- Know about your young person's current health status and how to manage symptoms. Pass on your knowledge so your young person becomes more informed
- Be organised - keep copies of clinic and discharge letters as the adult health service will require them
- Register your young person online for their own eHealth Record. This will store all your health information in one record.
- If your young person doesn't already have a GP, ask friends, family and health professionals for suggestions
- Teach your young person to make their own health care appointments and give them the contact details. The GP becomes more important as the coordinator of care once your young person leaves the children's health services
- Give your young person time to spend with their health professionals on their own by stepping out of the appointment
- Develop a transition plan with your young person and health care team
- Discuss with your young person's clinicians what monitoring and ongoing tests will be required in adulthood
- Ask for copies of medical tests and results as well as a verbal explanation, and ensure that a detailed medical summary will be prepared for the new adult team
- Learn how to order equipment / supplies – there may be major differences in adult health services
- Speak with your health care team about any worries you may have about transition
- Ask if the current treatment plan is available in the adult health service
- Discuss with your specialists and GP where your young person will be referred to in the adult health service and whether this can be at the one location
- Find out about getting your young person their own Medicare card, Health Care Card and private health cover
- Encourage your young person to speak with their doctor about contraception and how your their chronic condition might impact on fertility and pregnancy. Encourage them to become informed and provide an opportunity without you if preferred
- If possible, meet with members of the adult team before you move and find out about parking / access, location of clinics etc.
- Find out if you are eligible for financial support or any concessions from Centrelink
- Find out about Trapeze and ACI Transition Care Coordinators and how they can support you

**TICK THE
BOXES**

