

Spina Bifida Checklists

From: 'Moving On' Information about transition from the JHCH Spina Bifida Team to Adult Services

CHECKLIST

Learning what's ahead

Young person entering high school

During Clinic visits:

- You will receive information about transition and why you need to go through it
- Transition checklists explained
- Transition Folder provided to you.
- Learn how to start being responsible for making decisions about your health and have a good basic understanding of your condition and how to manage it
- Ask questions during your appointments
- Understand how puberty affects your condition
- Discuss future realistic goals for your age group (education, sport, social activities, and increasing responsibility)
- Family provided with the opportunity to discuss any concerns about transition.
- Introduction to transition website: www.health.nsw.gov.au/gmct/transition

Achieve outside clinic visits: -

- Discuss health history with your parents
- Discuss with school your post school options
- Make connections with support groups
- Find your own GP- one you feel comfortable with.
- JHCH Spina Bifida Clinic Coordinator to send transition plans to your GP.

CHECKLIST

Taking Action

Young person 14-16 years old

During each clinic visit:

- Set goals for the future. (Eg- driving, employment, social activities)
- Make some decisions about ongoing health care and who might provide it.
- Start asking why and how your medication works
- How your medication interacts with drugs and alcohol
- Start attending part of your clinic appointments without your parents at about 15 years old
- Be prepared for staff to talk with you about your sexual health
- Clinic Coordinator confirms that you have seen GP since transition commenced
- OT to discuss updating aids that are required at home.
- Parents are given time to discuss any transition concerns.

Achieve outside clinic visits:

- Start seeing your GP alone at least some of the time
- GP to perform a comprehensive health review
- Obtain your own Medicare card
- Start filling your own prescriptions
- Make an appointment with disability officer at Centrelink, to discuss eligibility for financial support after your 16th birthday.
- Clinic Coordinator to send transition update to GP.

CHECKLIST

Moving On

Young person 17-18 years old

During each clinic visit:

- Attend at least 1 clinic appointment with the JHH Rehabilitation Specialist by yourself
- Discuss the differences between the child and adult service
- Continue to discuss future goals
- Confirm you have a good understanding of medications/side affects and why taken
- Confirm there is a good understanding of your condition
- You are now actively involved in decisions about your care
- Parents encourage to discuss any concerns.

Achieve outside Clinic visit:

- Look after your equipment; learn how it works and how to get it fixed
- Take your medications without supervision
- Continue filling your own prescriptions
- Make your own appointments with your GP and the adult services
- Ensure you have your own trusted GP and have received a comprehensive health review
- Explore your options for further education training or employment.
- Clinic Coordinator to send summary report of paediatric care to young person and their GP.