Part 3. Adolescents, young people and carers: resources

### Contents

1. Stages of transition
2. Individual transition care plan
3. Transition readiness checklist
4. How to prepare for transition
5. What young people have said about adult hospitals
6. Financial issues in adult services
7. Finding a good GP
8. Ideas for parents/carers to support young people with chronic conditions
9. Checklist for families and carers
10. Apps
11. Resources
12. Study options

### Part 3 of the toolkit aims to:

- improve the transition process of young people with chronic pain from paediatric to adult services
- improve the experience of young people in the process of entering adult services, either upon transition or for the first time.

### The target audience is:
Adolescents and young adults attending Tier 2 and Tier 3 adult and paediatric pain services.

### Scope:
Adolescents and young adults aged 14 to 25 years who are receiving services from pain clinics, including:

- those who have transitioned, or are about to transition, into adult services from paediatric services
- parents and carers
- those who enter adult pain services after their 16th birthday.

### Content
This section of the toolkit is designed to provide tools, resources and apps to guide and support adolescents and young adults and their carers as they learn to manage their pain.

### Key points
Adolescents and young people need resources and support in order to maintain engagement with adult services.
1. Stages of transition

These stages of transition are a general guide and will depend on the individual young person and their development.

**Early Stage 12-14 years**
- Starting transition early ensures a smoother leap between paediatric and adult care
- Your health care team can start to see you on your own for part of your appointment
- Feel free to ask questions about your condition, medications and treatment

**Middle stage 14-16 years**
- Preparing ahead before you transition will ensure peace of mind for you
- Learn more about your condition and how it affects you
- Quiz yourself on the Young Person Checklist to find out where you’re at with your transition
- Develop a transition plan with your health care team and Trapeze
- Talk with your family/carers about becoming more independent
- Find out more about living with a chronic condition
- Get to know yourself better
- Learn healthy ways of coping with stress and anxiety
- Start making your own decisions for your healthcare
- Organise and plan health appointments on your own
- Apply for your own Medicare card
- Contact Trapeze if you would like to meet other young people with chronic conditions

**Late stage 16-18 years**
- At this stage of transition it is important that you are in control of your health care because this is your life
- Know your condition, your treatment, and what to do and who to contact if you are unwell
- Know about safe sex, drug and alcohol, and how to look after your mental health
- Get advice about education, work and relationships
- Speak to your school about how to apply for Special Consideration for exams
- Find out what financial benefits you are entitled to
- Find out if you can access the same medication and treatment in the adult hospital
- Find a GP you trust
- Think about your future plans and goals
- Make appointments and attend your first adult appointment
- Finalise your transition plan and store it in your device
- Quiz yourself on the Young Person Checklist to see if you’re ready to make the move

GET THE FACTS

www.trapeze.org.au
Stages of Transition

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**GET THE FACTS**

www.trapeze.org.au
## Individual Transition Care Plan

<table>
<thead>
<tr>
<th>Name:</th>
<th>DOB:</th>
<th>MRN HNELHD:</th>
<th>MRN Other:</th>
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<tbody>
<tr>
<td>Address:</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Young person Email:</td>
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<tr>
<td>Parent/Carer Email:</td>
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<tr>
<td>Chronic Condition/s:</td>
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<tr>
<td>ACI Transition Coordinator:</td>
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</tr>
<tr>
<td>Consent to share transition care plan:</td>
<td>YES</td>
<td>NO</td>
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</tr>
<tr>
<td>Health Team Key Transition Clinician</td>
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</tbody>
</table>

### Treatment Plan/Goals

1. 
2. 
3. 
4. 
5. 

[MAKE A PLAN](www.trapeze.org.au)
<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Contact details</th>
<th>ADULT TEAM</th>
<th>Contact details</th>
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<tbody>
<tr>
<td>General Practitioner</td>
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</table>

**PAEDIATRIC TEAM**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Contact details</th>
<th>ADULT TEAM</th>
<th>Contact details</th>
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3. Transition readiness checklist

TRANSITION READINESS CHECKLIST

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<th>Sex:</th>
<th>DOB:</th>
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<thead>
<tr>
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<th>Mobile</th>
<th>Email:</th>
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<table>
<thead>
<tr>
<th>Interpreter required:</th>
<th>Preferred language:</th>
<th>Mailing address:</th>
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**Evaluation date:**

<table>
<thead>
<tr>
<th></th>
<th>I'm on top of this</th>
<th>I need to work on this</th>
<th>I have no idea</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I know the names of my medications and what they are for.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>I have allergies and I know how to manage them.</td>
<td></td>
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<tr>
<td>3.</td>
<td>I can confidently name and explain my medical-condition and treatment plan.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4.</td>
<td>I am responsible for remembering and administering my medications.</td>
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<tr>
<td>5.</td>
<td>I am aware of any side effects of the medications I take.</td>
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<tr>
<td>6.</td>
<td>I am responsible for getting my prescriptions.</td>
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<tr>
<td>7.</td>
<td>I know the equipment I need for treatment and what it is used for.</td>
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<tr>
<td>8.</td>
<td>I am familiar with the tests that I have regularly and why I need to have them.</td>
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<tr>
<td>9.</td>
<td>I can make or reschedule my own appointments.</td>
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<tr>
<td>10.</td>
<td>I know who I can direct health questions to and I feel comfortable asking.</td>
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<tr>
<td>11.</td>
<td>I can attend appointments without my parent/guardian present.</td>
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<tr>
<td>12.</td>
<td>I have a GP and feel comfortable with.</td>
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</tbody>
</table>

www.trapeze.org.au
## TRANSITION READINESS CHECKLIST cont.

<table>
<thead>
<tr>
<th></th>
<th>I’m on top of this</th>
<th>I need to work on this</th>
<th>I have no idea</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>13.</strong></td>
<td>I know what to do when I become unwell.</td>
<td></td>
<td></td>
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<tr>
<td><strong>14.</strong></td>
<td>I know who to contact if I need help.</td>
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<tr>
<td><strong>15.</strong></td>
<td>I know where/how to get information about peer support programs.</td>
<td></td>
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<tr>
<td><strong>16.</strong></td>
<td>I know about resources that offer support for young people like me.</td>
<td></td>
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<tr>
<td><strong>17.</strong></td>
<td>I understand my rights to privacy and my role in decision making.</td>
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<tr>
<td><strong>18.</strong></td>
<td>I know where to get information about sexual-health, drugs, alcohol and stress.</td>
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<tr>
<td><strong>19.</strong></td>
<td>I understand what transition means.</td>
<td></td>
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<tr>
<td><strong>20.</strong></td>
<td>I have been given information about the adult service and I feel comfortable about the choice.</td>
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<tr>
<td><strong>21.</strong></td>
<td>I am actively involved in my transition.</td>
<td></td>
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<tr>
<td><strong>22.</strong></td>
<td>I have my own Medicare card.</td>
<td></td>
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<tr>
<td><strong>23.</strong></td>
<td>I have my own Health care card.</td>
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<tr>
<td><strong>24.</strong></td>
<td>I know my private health insurance details.</td>
<td></td>
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<tr>
<td><strong>25.</strong></td>
<td>I know the names and contact information of the people I’m seeing in the adult service.</td>
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<tr>
<td><strong>26.</strong></td>
<td>I have visited the adult service I am transitioning to.</td>
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<tr>
<td><strong>27.</strong></td>
<td>I have attended my first appointment for my new health service.</td>
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</tbody>
</table>

**Comments:**

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**TICK THE BOXES**

[www.trapeze.org.au](http://www.trapeze.org.au)
4. How to prepare for your transition

Before you leave the children's hospital you might find some of the tips useful in preparing for your move to the adult world

<table>
<thead>
<tr>
<th>TIPS</th>
<th>WHY?</th>
</tr>
</thead>
</table>
| Start seeing your doctor and health professionals on your own | • More privacy  
• In the adult world you will need to do this |
| Take 5 minutes to think about what you want before you go into your appointment | • Helps you get what you want in the time that you have |
| Use your phone calendar to help organise your time | • So you don’t forget important things eg appointments, monitoring your health, and taking medicine |
| Learn more about your health condition and how it affects you | • This will help others understand you better  
• It will help you become more independent  
• It will free you to live your own life |
| Know what treatments you are on and how they interact with alcohol and drugs | • So you know how to look after yourself  
• To prevent you from getting into trouble  
• Staying in control of your life |
| Know what gives you allergies or bad reactions | • So you don’t repeat past bad reactions |
| Put the name and phone number of your health team and emergency services in your phone contacts | • So you can contact them when you need to  
• Helps you stay organised and on top of things |
| Download apps that can be useful for you | • Easy access to support services  
• Helps you stay organised and on top of things |
| Start making your own appointments and organise any tests | • Keeps you in control of your own life |
| Find a supportive and trusting GP | • Your GP is your most important health professional  
• Your GP is the first person you contact when you are unwell  
• Your GP refers you to health services |
| Get to know your local pharmacy and when you need to get new medications | • To keep you well |
| Use your device to store your health information | • Your adult health team may ask for it  
• It will help your adult team understand you better |
| Start talking with your health team in the children's hospital about transition | • So you know what will happen when you leave |
| Know how to get to your appointment | • So you can be relaxed and in control on the day |
5. What young people have said about adult hospitals

Don’t let them make you feel like you’re not good enough -> you are the customer so ask if you don’t know what they say and assert yourself

They look different
They smell different
Not as colourful
They are bigger

Takes time to get to know everything

Can be very busy and rushed
You may see a junior doctor instead of a specialist

It’s easy to get lost
Everyone is new

They treat you like an adult
You may have to wait to be seen

You are not “spoon fed”

Bring someone to your first appointment to support you

Have the clinic number in case you get lost

If you have a bad experience, don’t give up

Expect the unexpected

Talk to Trapeze or your ACI Transition Coordinator about getting ready for the adult hospital

Ask questions

Feels impersonal

Want to know about your condition and medication

Be ready to speak up for yourself

Don’t sign anything without reading

Let your GP know who is looking after you

Get the facts

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6. Financial issues in adult services

Financial Issues in Adult Health Services

What Young People need to know about the costs of health care.

Once you leave the children’s hospital you will need to know about the costs of your health care.

Medicare Card

- When you turn 15 you can have your own Medicare card. You use this card to access health services paid for by the Australian government. Not all costs will be fully covered which means you may have to pay out of your own pocket.
- Getting your own card will give you more independence and privacy.

How to apply for your Medicare card?
To enrol for a new card you need:

- A completed application form - Application to copy or transfer from one Medicare card to another
- Original or certified copies of your birth certificate, driver’s licence, passport and your bank account details
- Mail or take form to a Department of Human Services centre with identification. Details are on the form.

How to Use Your Medicare Card
When you are going for a medical appointment it is important that you take your Medicare card with you.

Medicare covers the cost of:

- All public hospital clinics
- Treatment as a public patient in a public hospital
- All or part of the costs of treatment by health practitioners such as doctors, psychologists, allied physiotherapists, occupational therapists, dieticians, optometrists or dentists (specified services only).

To find out more about Medicare, visit the Department of Human Services website: www.humanservices.gov.au or their offices or call 132 011.

What is bulk billing?

- Bulk billing is when the cost of your doctor’s appointment is completely paid for by the government. Some doctors may charge extra and you will be required to pay the gap.
- You may be asked to sign a Medicare Claim form, or you may need to pay the doctor in full and then be refunded by Medicare after claiming.
- When you make an appointment with a doctor, ask if they bulk bill.
- If they don’t bulk bill, ask them to explain the costs and how much you can get back from Medicare.

What is private health insurance?

- Private health insurance is a financial scheme where people contribute money regularly to a health fund that can cover claims for out-of-pocket health expenses that are not covered by Medicare.
- You do not have to buy private health insurance – it is your choice.
- Before you buy private health insurance have a look at what different companies offer and what suits your needs and within your budget.
- There are websites that compare health insurance policies and each company will give you an immediate quote online.

Private health insurance covers things like:

- Private hospital procedures and admissions
- Allied health services as an outpatient

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(eg physiotherapy, psychology services, occupational therapy)

- Dental care
- Optical care
- Expensive medication and equipment

If you find that your parents/carers have you covered with private health insurance contact the private health insurer to find out how long before you need to get your own.

What can private health insurance do for you?

- Generally less waiting times than in the public health system to see medical specialists and allied health professionals
- Choice of specialist for health procedures
- Subsidises access to private hospitals
- Subsidises costs of health care
- Covers some ambulance fees
- Some policies give you access to extras like 24 hour telephone health line, mobile health apps, and tools and information for a healthy lifestyle

What is the Pharmaceutical Benefits Scheme (PBS)?

- The Australian government subsidises most medicines under the PBS. Use your Medicare card to receive the subsidy.
- You may also be entitled to cheaper medications once you have spent a certain amount of money. This is known as the PBS Safety Net.
- For further information on the safety net amount talk with your pharmacist or visit http://www.humanservices.gov.au/customer/services/medicare/pbs-safety-net

What is a Health Care Card?

- This is a card which entitles you to reduced prices for some health services and medicines. This card is not asset tested.
- You may be entitled to a Health Care Card if you receive a government allowance or benefit. Once you turn 16 you will need to reapply.
- You may be eligible for a Low Income Health Care Card if you are on a low income and meet the Low Income Health Care Card income test.
- Foster Carer - If you live with a foster carer you may be eligible for a Foster Child Health Care Card.
- Ex-Carer Allowance - If you are a full time student aged between 16 and 25 years and have a disability or medical condition you may be eligible for an Ex-Carer Allowance (Child) Health Care Card. This card is not asset tested.

Specialist Doctors

- Specialist doctors may ask you to pay at each visit when you see them in their private rooms. You can then claim some of the money back from Medicare.
- When making an appointment don’t forget to ask how much it will cost or if they bulk bill, and how much you get back from Medicare, so that you can budget between visits. If you have a Health Care Card, this may help.

To find out more information about the costs of health care

- Talk with your medical team
- Visit The Department of Human Services Website: www.humanservices.gov.au
- Visit Youth Beyond Blue: www.youthbeyondblue.com
- Visit the Health Insurance Commission website: www.hic.gov.au
- Talk with your pharmacist
- Visit a Medicare Office or phone them on 132 011
- Contact the Pharmaceutical Benefits Scheme on 132 290
7. Finding a good GP

Finding a good GP is an important part of your transition planning. This factsheet will help you understand why.

You and Your GP

- Everyone should have a local doctor (also called a GP)
- It is important for you to feel comfortable with your GP
- Find a GP who you trust and can talk with about your health
- Your GP is usually the first health professional to contact if you start to feel unwell
- Your GP is your coordinator and can refer you to specialist doctors or other health professionals
- GPs are more available than specialists and they deal with all health issues
- A good GP will look at your physical and mental health, and will refer to and work together with other health professionals if this is needed for you
- It is helpful to have a GP lined up before you get sick and really need them, especially if you have a chronic condition
- Having a good relationship with your GP will help you stay in control of your health
- Finding your own GP means you don’t have to keep explaining your health and life issues every time to a new person
- You need to find the right one for you. You are in control and your GP is your partner and coordinator
- If you do not have a GP, find one as soon as possible. Choose someone you feel comfortable with and who respects you by listening to you

- Try asking family and friends who live near you if they can recommend a good GP or contact Trapeze
- Most GP appointments are between 5-15 minutes long. If you think you will need longer, ask the receptionist to book you in for a long appointment.
- Being friendly and polite to the receptionist may be helpful because he/she is the gatekeeper of the medical practice.
- It’s important to call and cancel your appointment if you can’t make it. Be sure to reschedule.

Cost of seeing a General Practitioner

- The cost of seeing a GP varies.
- Some GPs ‘bulk bill’ which means there is no out-of-pocket cost to you.
- Other GPs may bill you, which means you have to pay the difference between their fee and what Medicare covers.
- It is a good idea to ask the receptionist how much a standard appointment will cost, how much you will get back from Medicare or if the GP will ‘bulk bill’.
- Don’t be afraid to ask if the GP can bulk bill you, especially if you have a Health Care Card.

For more information see the fact sheets “Questions Young People Ask Themselves To Find a Good GP” and “Financial Issues in the Adult Health Services”
8. Ideas for parents/carers to support young people with chronic conditions

This factsheet is for parents/carers of young people with chronic conditions.

As your child grows up and becomes their own person, your role as parent/carer will change. The way you adjust to these changes will influence how your young person experiences their transition. Encouraging your young person to take more control of their health, to the best of their ability, will help them in the future. This may at first feel a bit uncomfortable as you have been the one making decisions and organising their health care. Adolescence is a time of letting go balanced with stepping in when needed.

Having to say goodbye to your paediatric team at the children’s hospital and/or your local paediatrician can sometimes lead to worry for parents/carers. Planning and preparing for this transition can reduce anxiety and stress.

Here are some ideas to help you along the way:

- Recognise that your young person has their own thoughts and ideas about their health
- Start teaching your young person about their condition and how to manage it
- Give your young person the names and contact details of their GP and health care team
- Encourage your young person to see their doctor and health professionals on their own
- Make sure your young person has their medical appointments in their calendar
- Before a health appointment take 5 minutes to talk together about what your young person may want from seeing their health team
- Be supportive and encourage your young person to become more confident in taking control of their health
- When the doctor asks a question let your young person speak first
- Be patient and accept that your young person may make mistakes
- Help your young person find a good GP they trust and like
- Encourage your young person to get their own Medicare Card
- Place trust in your young person and their ability to make choices for themselves
- Be sure to give your young person emergency contact numbers so they stay safe and well
- Talk with your young person about how they can get information about topics like sex, pregnancy, drugs and alcohol. Adolescents with chronic conditions need a lot of information to stay safe.
9. Checklist for families and carers

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

www.trapeze.org.au
### Apps

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
<th>App store</th>
<th>Android</th>
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</thead>
<tbody>
<tr>
<td><strong>MIND/BODY/RELAXATION</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smiling mind</td>
<td>Modern meditation for young people. It is designed to help bring balance to young lives</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Relax now</td>
<td>Personalised relaxation and sleep assistance</td>
<td>Free</td>
<td>Payment required</td>
</tr>
<tr>
<td>BellyBio</td>
<td>Relaxation/deep breathing exercises</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>MyCalmBeat</td>
<td>Stress management through slow breathing</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Take a chill</td>
<td>Managing stress</td>
<td>Payment required</td>
<td>N/A</td>
</tr>
<tr>
<td>E-catch the feeling</td>
<td>Stress management through positive feelings</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Pain Tricks</td>
<td>Strategies to reduce pain</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Simply being</td>
<td>Guided meditation and relaxation</td>
<td>Payment required</td>
<td>Payment required</td>
</tr>
<tr>
<td>Rainbow Draw</td>
<td>Drawing in colours to reduce stress</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Breathe2Relax</td>
<td>Breathing exercises</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Self-Esteem</td>
<td>How to build self-esteem/affirmations</td>
<td>Payment required</td>
<td>N/A</td>
</tr>
<tr>
<td>PranayamaFree</td>
<td>Breathing for stress management</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td>Camp Pain Retreat</td>
<td>App for parents of children with stomach pain</td>
<td>Payment required</td>
<td>N/A</td>
</tr>
<tr>
<td>Healing Buddies Comfort Kit</td>
<td>Self-management</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>PHYSIO</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>---</td>
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</tr>
<tr>
<td><strong>SuperStretch</strong></td>
<td>Yoga app</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Recognise (for Complex regional Pain Syndrome)</strong></td>
<td>Left/right discrimination</td>
<td>Payment required</td>
<td>Payment required</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>PAIN DIARY</strong></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>CatchMyPain</strong></td>
<td>Track pain through a diary</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>MyPainDiary</strong></td>
<td>Pain diary</td>
<td>Payment required</td>
<td>Payment required</td>
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</table>

<table>
<thead>
<tr>
<th><strong>MEDICATIONS</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>NPS medicine list</strong></td>
<td></td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Pillboxie</strong></td>
<td></td>
<td>Payment required</td>
<td>-</td>
</tr>
<tr>
<td><strong>Pillbox</strong></td>
<td></td>
<td>-</td>
<td>Free</td>
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</table>

<table>
<thead>
<tr>
<th><strong>SAFETY AND WELLBEING</strong></th>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>iMatter</strong></td>
<td>Relationship safety for young women</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>My quit buddy</strong></td>
<td>Quit smoking app</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Drugs.com</strong></td>
<td>Drug information app</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>auroraapp.com</strong></td>
<td>Domestic violence app</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Youthsource and Youthpoint</strong></td>
<td>Service directories for youth in Sydney and northern Sydney areas</td>
<td>Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Daily routine</strong></td>
<td>Chronic illness/medications planner app</td>
<td>Payment required</td>
<td>-</td>
</tr>
<tr>
<td><strong>Medicine list</strong></td>
<td>Medicine diary/reminders</td>
<td>Free</td>
<td>Free</td>
</tr>
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</table>
## 11. Resources

<table>
<thead>
<tr>
<th>Topic</th>
<th>Website</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family support</td>
<td><a href="http://www.familyreferralservice.com.au">www.familyreferralservice.com.au</a></td>
<td>Family support</td>
</tr>
<tr>
<td>Headaches and migraines</td>
<td><a href="http://www.headachehelp.org.au">www.headachehelp.org.au</a>&lt;br&gt;www.headachehelp.org.au/kidskitdownload.html</td>
<td>Kids Kit for migraine. This address has various headache and migraine fact sheets</td>
</tr>
<tr>
<td>Hypermobility</td>
<td>hypermobility.org/help-advice/kids-teen</td>
<td>Hypermobility Syndromes Association Has parent and health professional information.</td>
</tr>
<tr>
<td>Mental health</td>
<td><a href="http://www.wayahead.org.au">www.wayahead.org.au</a>&lt;br&gt;yourroom.com.au&lt;br&gt;au.reachout.com&lt;br&gt;au.professionals.reachout.com/apps-and-online-tools/wellbeing#articles&lt;br&gt;www.headspace.org.au&lt;br&gt;www.beyondblue.com&lt;br&gt;www.nowrongdoorsws.com.au&lt;br&gt;www.shoutout.strikingly.com&lt;br&gt;www.facebook.com/tuneyourmoodTYM&lt;br&gt;www.facebook.com/braveforanxiety&lt;br&gt;www.ymcansw.org.au/what-we-do/community-programs/brightside&lt;br&gt;www.copingclub.com</td>
<td>Mental health services across NSW&lt;br&gt;Mental health website hosted by NSW Ministry of Health&lt;br&gt;Help with tough times, sex, friends, drugs and alcohol&lt;br&gt;For specific apps related to well being&lt;br&gt;Mental health support information for people aged 12 to 25 years&lt;br&gt;For young people: what to look for and when to seek help&lt;br&gt;The No Wrong Door Access App helps people know what to do in a mental health crisis, find mental health resources and information, and find health professionals. There is also a specific app for friends and family members&lt;br&gt;The Y’s Brightside program offers opportunities for people 16 years and over with a mental illness to improve their physical, social and mental health and wellbeing&lt;br&gt;The Cool Kids and Adolescent Health Program is designed for distressed children and adolescents who are experiencing chronic pain (including recurring headaches, abdominal pain, chest pains, or complex regional pain syndrome, irritable-bowel syndrome (IBS), chronic fatigue, nausea and dizziness)&lt;br&gt;Online paediatric pain reference, including neurobiology of pain, assessment, measurement and treatment, palliative care and ethical considerations&lt;br&gt;American site which mostly focuses on chronic conditions or cancer requiring frequent hospitalisation or procedures</td>
</tr>
<tr>
<td>Relaxation</td>
<td><a href="http://www.youtube.com/watch?v=IHFx3xOJf0g">www.youtube.com/watch?v=IHFx3xOJf0g</a></td>
<td>Relaxing music</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td><a href="http://www.youtube.com/watch?v=sbNZ1pi2Us8">www.youtube.com/watch?v=sbNZ1pi2Us8</a></td>
<td>Relaxing music</td>
<td></td>
</tr>
<tr>
<td>copingclub.com/tools</td>
<td>The relaxation video is a 13-minute progressive muscle relaxation with images of scenery</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.rmhc.org.au/our-programs/learning-program">www.rmhc.org.au/our-programs/learning-program</a></td>
<td>Assists adolescents with school and catching up with work by providing a tutor in the home or at the school</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.kidsfamilies.health.nsw.gov.au">www.kidsfamilies.health.nsw.gov.au</a></td>
<td>Youth health resource kit</td>
<td></td>
</tr>
<tr>
<td>copingclub.com/coping-with-pain-and-discomfort-kids4kids-videos-from-c-s-mott-childrens-hospital/</td>
<td>Kids talk about their pain management techniques some of which are great, for example,. DB, distraction, calm voice, push pain away like waves, pretend life is a video game</td>
<td></td>
</tr>
<tr>
<td>copingclub.com/callie-copes-with-stress</td>
<td>Video of 17-year-old girl showing belly breathing and how it can be integrated into everyday life</td>
<td></td>
</tr>
<tr>
<td>raisingchildren.net.au</td>
<td>Contraception and pregnancy</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.fpnsw.org.au">www.fpnsw.org.au</a></td>
<td>Family planning Website of Family Planning NSW. Information re services and clinics, health information, health promotion, research</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.seattlechildrens.org/pdf/PE1400.pdf">www.seattlechildrens.org/pdf/PE1400.pdf</a></td>
<td>Positive bedtime routine</td>
<td></td>
</tr>
<tr>
<td>Sleep</td>
<td><a href="http://www.seattlechildrens.org/pdf/PE1066.pdf">www.seattlechildrens.org/pdf/PE1066.pdf</a></td>
<td>Sleep hygiene for children</td>
</tr>
<tr>
<td>University support and other options post school</td>
<td><a href="http://www.uts.edu.au/current-students/information-special-needs-students/students-disabilities-or-ongoing-illnesses">www.uts.edu.au/current-students/information-special-needs-students/students-disabilities-or-ongoing-illnesses</a></td>
<td>Each university has specific policies</td>
</tr>
<tr>
<td><a href="http://www.education.gov.au/ndcoprogramme">www.education.gov.au/ndcoprogramme</a></td>
<td>Factsheets and workbooks for young people getting ready for study or work post school</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.australianapprenticeships.gov.au">www.australianapprenticeships.gov.au</a></td>
<td>Apprenticeships</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.australianapprenticeships.gov.au">www.australianapprenticeships.gov.au</a></td>
<td>Traineeships</td>
<td></td>
</tr>
</tbody>
</table>
12. Study options

Resources for students planning for university who have a chronic medical condition

- arthritis
- asthma
- cancer
- chronic fatigue syndrome
- crohn's disease
- cerebral palsy
- cystic fibrosis
- diabetes
- epilepsy
- multiple sclerosis
- muscular dystrophy
- spina bifida
- and many more...

You may not think of yourself as having a 'disability' but the definition of disability under the Disability Discrimination Act is broad and includes chronic medical conditions such as those listed above. At University, the people who can give you information and support are located within Disability Services. If you have a chronic medical condition, it will be important to consider how you will manage stress and keep yourself as well as possible

DURING YEARS 11 and 12

✓ Check out the Get Ready for Uni website: www.uws.edu.au/ndco/getready

✓ Plan to go to University Info Days (usually in August/September) and meet the disability staff.

✓ University Disability Staff are available to meet with prospective students. Once you know which universities you are interested in, consider making an appointment during your term breaks.

✓ Educational Access Scheme:
UAC recognises disability and chronic medical conditions as a long term educational disadvantage and this scheme may help you get into the course you want to. The application form for this is submitted via UAC. At your school, the person who can help you with this is:

_______________________________
WHO DO I TELL and WHO CAN HELP at Uni?

➢ Disclosure: It’s a Personal Choice
  At Uni, you don’t have to tell everyone everything. It’s a much bigger place than
  school so it’s important to think through what you want people to know. This
  website will help you think through what you would like to do so your privacy is
  protected and you get the help you may need.

➢ Disability Services
  If you need adjustments to your study because of your condition (eg extensions
  on assignments, extra time in exams, etc) you will need to register with the
  Disability Services at Uni and provide current medical documentation. The staff
  will explain the process – you can chose if you want to disclose the name of your
  condition and its impacts on you OR if you would rather just disclose its impacts
  (eg the condition is episodic in nature, the side effects of medication may impair
  concentration and cause drowsiness, etc).

   Even if you don’t think you will need any adjustments, it’s good to plan ahead and
   speak with someone about how things work at uni. It’s a confidential service.

➢ Making an Appointment
  You will need to make an appointment and it is best to make an appointment well
  in advance (at least two weeks) to hopefully get the time you want. Once you are
  registered, a good strategy might be to make the next appointment before you
  leave their office.

RESOURCES:

➢ Towards Success in Tertiary Study:
  This is a series of guides for students with a range of disabilities including chronic
  medical conditions.

➢ Livewire: [www.livewire.org.au](http://www.livewire.org.au)
  Livewire is a free and safe online community for young people up to age 21 living
  with a serious illness, chronic condition or disability. It’s a supportive place where
  you can meet new friends and share experiences with young people going
  through similar experiences. To join go to [www.livewire.org.au](http://www.livewire.org.au) or for more
  information contact the Livewire team on 02 8425 5971.

  NSW Health has Transition Coordinators who help young adults with chronic
  medical conditions make the transition from paediatric to adult health care.

➢ National Disability Coordination Officer (NDCO): Your NDCO can answer
  questions you have about your transition from school to Uni. There are 10
  NDCOs in NSW. To find your local NDCO: [www.yourownpathtositce.com](http://www.yourownpathtositce.com)