

Youth Health 2011 – It's Totally Important

<http://www.youthhealth2011.com.au/>

“Advancing healthcare rights for young people through advocacy and training”

The Association for the Wellbeing of Children in Healthcare, The Royal Australian College of Physicians and Children's Hospitals Australasia jointly hosted a workshop at the 8th Australian and New Zealand Adolescent Health Conference held from 9-11 November at the Sydney Convention and Exhibition Centre, NSW, Australia.

Many thanks go to Professor Les White AM, Chief Paediatrician, NSW Health/CHA, Dr Sharon Goldfeld, Centre for Community Child Health, Royal Children's Hospital, Melbourne/RACP and Lynne Brodie, Transition Care Network Manager, Agency for Clinical Innovation for setting the scene and providing the basis for discussion about young people's rights in healthcare, the standards required to protect and promote those rights and the process of transitioning young people to adult healthcare services.

Morning tea was followed by a session ably facilitated by Professor Miriam Kaufman, Hospital for Sick Children Toronto, Canada. Renee Marshall, senior member, ChIPS (Chronic Illness Peer Support at the Children's Hospital at Westmead) and Michelle Taylor, consumer advocate, AWCH were asked about their experiences of the healthcare system as young people. AWCH would like to thank Miriam, Michelle and Renee for giving up their time to participate in the workshop.



With Miriam's skilled facilitation Renee and Michelle raised a number of issues for discussion:

how staff communicate

How healthcare staff communicate with young people and the importance of healthcare staff valuing young people as experts in their conditions

young people as experts

Transitioning to adult care can be abrupt, unplanned and young people can very easily fall through the cracks. It is difficult for young people to navigate the adult system without the support of an adult who can help coordinate care. Continuity of staff is also helpful in adjusting to the adult system

planned transition

Staying in touch with family and friends through social networks like Facebook is vital; as is having recreational activities to keep you occupied when staying in hospital

use of social media

Peer support programs like ChIPS are valuable to young people with a chronic illness and emphasise how important it is for young people to be able to comment and be listened to so they can contribute towards making things better for others

being listened to

Click on each picture - the key points raised in this discussion are expressed in:

Charter on
The Rights of Children and Young People in Healthcare Services in Australia

CHILDREN'S HOSPITALS AUSTRALIA
AMCWA
Association for the welfare of children in Australia

young people's healthcare rights

our rights are:

- what's best for each of us.
- to express our views respectfully, be **HEARD** and have something done about it.
- to use, and receive the **BEST** available health care.
- to be treated with **RESPECT** in regards to our values, beliefs and culture, we each have the right to be ourselves.
- to be with and guided by our **FAMILY**, unless this is against our best interest.
- to be **INVOLVED** in making decisions that affect us.
- to be **PROTECTED** from harm.
- to **PRIVACY**.
- to education, rest, play, creative **ACTIVITIES** and recreation.
- to planned **COORDINATED** health care.
- to be **FULLY** informed, ask questions and be given answers about all matters concerning us.

be in the know

CHILDREN'S HOSPITALS AUSTRALIA
AMCWA
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STANDARDS FOR THE CARE OF CHILDREN AND ADOLESCENTS IN HEALTH SERVICES



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ACI NSW Agency for Clinical Innovation

The NSW Agency for Clinical Innovation Transition Care Network

The NSW Agency for Clinical Innovation (ACI) formally known as the Greater Metropolitan Clinical Taskforce (GMCT) Transition Care Network commenced in 2004. The Network aims to improve the continuity of care for young people with chronic health problems as they move from pediatric to adult health services. Network Manager Lynne Brodie, leads a team of three Transition Care Coordinators based at Westmead, Royal Prince Alfred, and John Hunter Hospitals. The Coordinators are also affiliated with the NSW tertiary children's hospitals in Sydney and Newcastle. The program extends across all area health services in NSW.

How can we help

The Transition Care Coordinators work together to provide support to clinicians, young people and their families across NSW. They help young people to prepare for the move, find appropriate adult health services, provide information and support when they transfer from children's services and follow up to help make sure they stay engaged in adult services.

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Visit our Website:
www.health.nsw.gov.au/gmct/transition

CHILD ADULT HEALTH SERVICES

VCH is a non-government organisation of Health and supported by The Children's Hospital at Westmead