



**PREPARING FOR THE TRANSITION FROM PAEDIATRIC TO ADULT HEALTH CARE - PARENT GUIDE**

*In Healthcare, we use the word “transition” to describe the process of planning, preparing and moving from children’s healthcare services to adult healthcare service.*

*At Ishana Wellbeing Centre we provide continuity of care till your child turns 17 years. Once your child is 17 they then transition to see their GP or a relevant adult specialist depending on their health care needs.*

*In case of prescription of psychostimulants they will need to see an adult psychiatrist for ongoing management once they turn 18. In NSW only paediatricians and psychiatrists are allowed to prescribe psychostimulants.*

<https://www.health.nsw.gov.au/pharmaceutical/doctors/Pages/prescribe-psychostimulant.aspx>

*As your child is approaching this next step in their life we want to make the transition as smooth as possible. We have attached a list of psychiatrists for your perusal. Please start to enquire now as the waiting list to see a psychiatrist could take many months. You will need a referral from your GP to see an adult psychiatrist.*

***Parents have a key role to play in helping encourage their young person to take more control in managing their health on their own and to become more confident this will help alleviate stress and anxiety before transitioning from their paediatrician***

- Give your child the contact details of their GP and healthcare providers*
- Encourage your child to see their doctor and health profession on their own or for part of their consultation*
- When in consultation let your child respond to the questions from their doctor*

***BELOW ARE A FEW QUESTIONS THAT PARENTS CAN ASK THEIR CHILD’S DOCTOR***

- When does my child start to meet with you alone for part of the visit to become more independent?*
- Do you have a checklist of self-care skills that my child needs to learn?*
- At what age does my child need to change to a new doctor for adults?*

**YOUNG ADULTS WITH SPECIAL NEEDS:**

Health care transition may be different for young adults with special needs. That includes those with serious chronic medical or behavioural needs and those with developmental or intellectual disabilities. These young adults may require more planning and on-going support because a variety of specialists can be involved.

**CLAIM FOR DISABILITY SUPPORT PENSION:**

<https://www.servicesaustralia.gov.au/sites/default/files/2024-11/sa466-2412en-f.pdf>

**SUPPORTING YOUNG PEOPLE:**

<https://www.health.nsw.gov.au/pharmaceutical/doctors/Pages/prescribe-psychostimulant.aspx/>

<https://aci.health.nsw.gov.au/networks/transition-care/about>

<https://www.schn.health.nsw.gov.au/trapeze-handbook/transitioning-adult-healthcare/preparing-your-move>

<https://www.schn.health.nsw.gov.au/transition-adult-health-care-health-professionals>

**PSYCHIATRIST TO TRANSITION FROM A PAEDIATRICIAN**

**Mind Oasis Clinic (telehealth):**

11 The Boulevarde, Strathfield New South Wales 2135

PH: 9906 9280

PH: 02 4941 3779 or 02 4941 3701

**Ramsay Clinic Lakeside / Warners Bay Private Hospital:**

42 Fairfax Road, Warners Bay New South Wales

PH: 4023 8365

**Newcastle Psychiatry:**

2 Thomas Street, Belmont New South Wales 2280

PH: 4985 1809

**Dr Pek Ang- Newcastle Mood Clinic:**

91 Chatham St, Broadmeadow, Newcastle NSW 2292

PH: 4961 2200

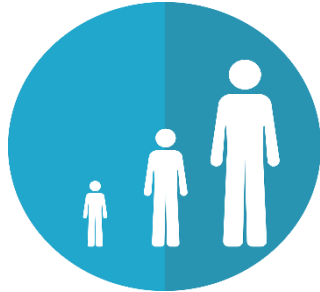
**Denison Practice:**

53 Denison Street, Newcastle New South Wales 2303

**The Hummingbird Centre**

22 Brunner Road Broadmeadow New South Wales 2292

PH: 4946 0919



### ***CHECKLIST FOR YOUNG PEOPLE***

- Know about your condition and how to manage symptoms*
- Know what medications you need and how to fill your prescriptions*
- Making your own appointments and seeing your doctor on your own*
- Keeping a record of your own medical information - clinic letters / scripts and pathology*
- Ask for information on how smoking / vaping / alcohol / drugs interact with your condition*
- Enrol for your own Medicare Card and Health Care Card*
- Find out if you're eligible for financial support through Centrelink*
- Transition Resources are available under supporting young people on page 2*
- If stress or anxiety is getting in your way talk to someone you trust and respect*