

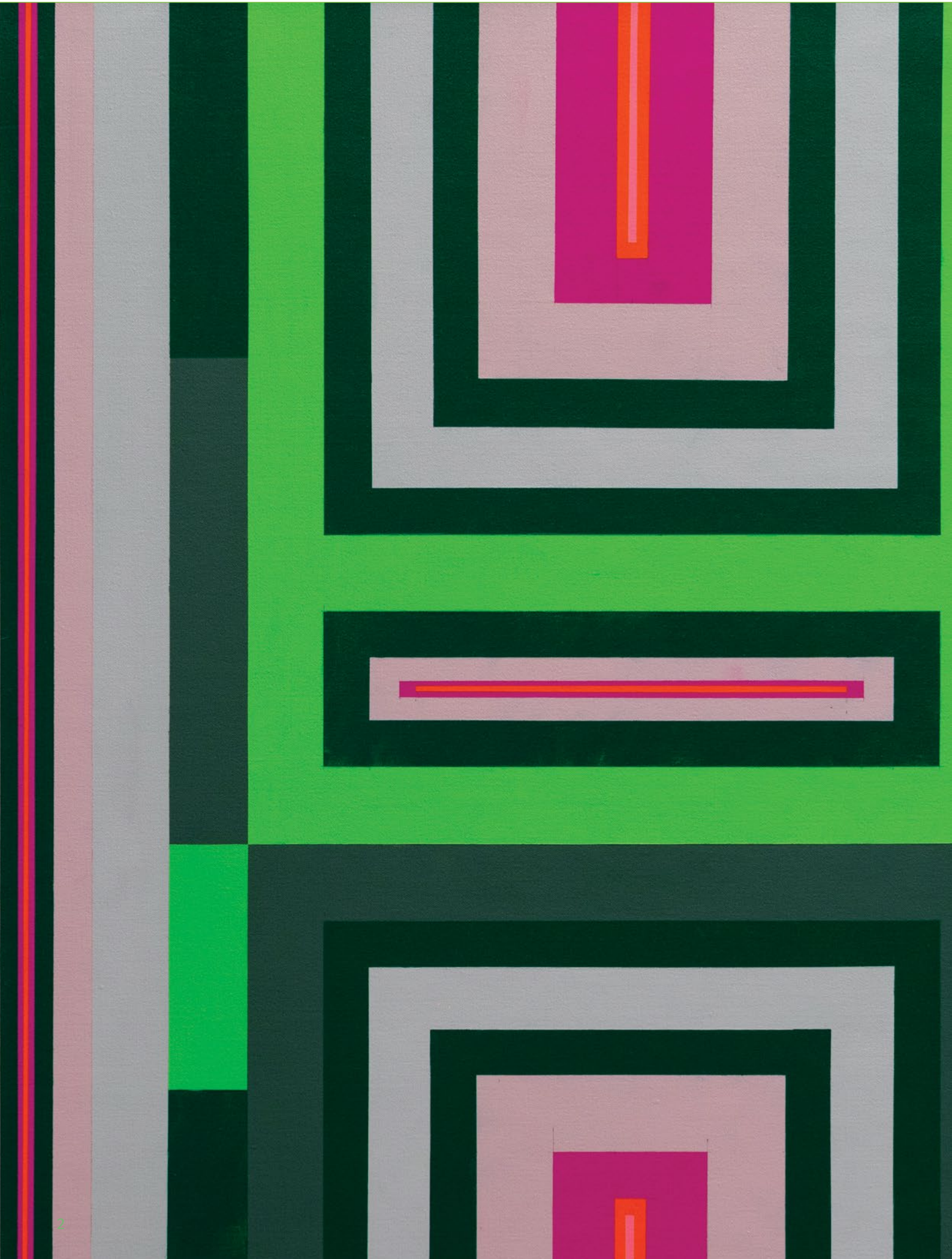


Transitioning to adulthood

A guide for adolescents
and young adults



Queensland
Government



Feedback

Feedback is important for improving the value of our future reports. We welcome comments which can be made by contacting us at:

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Attribution

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Open data

Information about consultancies, overseas travel, and the Queensland language services policy is available at the Queensland Government Open Data website (qld.gov.au/data).



Interpreter service statement

The Queensland Government is committed to providing accessible services to Queenslanders from all culturally and linguistically diverse backgrounds. If you have difficulty understanding this report, you can contact us on 07 3068 3365 and we will arrange an interpreter to effectively communicate the report to you.

Artworks

Artworks pictured through this document are from the Children's Health Queensland Collection.

Acknowledgment to Traditional Owners

Children's Health Queensland pays respect to the traditional custodians of the lands on which we walk, work, talk and live. We also acknowledge and pay our respect to Aboriginal and Torres Strait Islander Elders past, present and future.

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Inside cover artwork: Christian Flynn, *Inherent Danger in Clarity of Purpose* 2014, Acrylic on canvas.

Christian Flynn was born in Innisfail and is very interested in pop culture, particularly video games. The vivid colouring of his geometric paintings relates to the test patterns on televisions he watched as a child growing up in the country.

Transition

Transition is an important process that occurs as you prepare for adulthood. This is a time when relationships, routines and roles in life can change. In healthcare, transition is important to develop independence and manage your own health needs. There may be challenges along the way, but there is support available.

What is healthcare transition?

When you turn 18 the healthcare services change, transitioning with you from child-based supports and facilities to those for adults.

Your transition will be tailored to your needs. The level of support received will be determined by you. This guide is designed to help you along the way.



Differences in care

There are lots of different services that can help you with your health, employment and lifestyle. But these adult services are different from when you were a child. You don't have to go through it alone.

Some services will include your family as part of the team but, importantly, you are the main focus. The doctors and nurses will talk to you directly, not your parents or caregivers. Your opinion will matter more to them than the opinions of people in your family. This is an opportunity for you to speak freely and honestly.

When it is time for you to leave child-based services and transition to adult services you will be expected to:

- Make your own appointments.
- Set goals for what you want to achieve.
- Be motivated and take action to stay healthy and well.
- Know your main healthcare contacts and their role in your care.
- Know when and how to access help.
- **Speak up about what you want.**
- Know about your condition and how it impacts your everyday life.

The importance of having a GP

Your GP has a key important role during healthcare transition. They will support you and your family, and provide a key point of contact between you, your family and health professionals in the hospital or community.

It is important to have a regular GP who can get to know you. They can assist you to manage your health and wellbeing. If you have a medical condition, they can also help you to understand more about your condition and the best ways to stay healthy and well.

Your GP can support you to:

- Aim for independence
- Help you explore options once you have finished school
- Explore other useful adult services
- Inform others about your progress and achievements
- Access other health services.

Making decisions

Turning 18 means you will have more choices and decisions to make. Everyone is unique and will require a different amount of support during transition. Your journey will be different to other people's.

If you have difficulties with thinking, problem solving, or maturity, you may need some extra help to make good life decisions. This could be around areas such as:

- How to spend your money.
- Personal day-to-day living.
- Healthcare decisions.

For some young people, parents continue to offer this support even after they turn 18. Others may choose not to have their parents involved. In these cases, they may choose a friend or relative instead.

There are also services such as the Office of the Public Guardian or The Public Trustee of Queensland that can be appointed as legal guardians to help young people make good decisions. However, before some organisations can accept the decisions of these representatives they need legal proof they have been appointed to help.

This proof can be called:

- An advanced health directive or a statutory health authority.
- An enduring power of attorney.

You will need to get this proof through a lawyer, The Public Trustee, or by completing an enduring power of attorney form.

For more information about this, see www.qld.gov.au/law/legal-mediation-and-justice-of-the-peace/power-of-attorney-and-making-decisions-for-others/power-of-attorney/ (or just search the internet for *Queensland enduring power of attorney*).

Some people are not aware they need help to make good decisions. Other people find it hard to choose a person who has their best interests in mind. In these cases, it is important to involve the Queensland Civil and Administrative Tribunal (QCAT).

QCAT is an independent tribunal that is part of the justice system. People can apply to QCAT to make decisions or resolve disputes about the best person to assist an adult to make good decisions.

“Speak up about your wants and needs. This is about you taking more control of your future.”



Your health

Paying for your healthcare

Australia's universal healthcare insurance scheme, Medicare, provides many medical and hospital services at low and no cost. However, Medicare does not cover all health costs. You can choose to buy private health insurance to give yourself more choice in healthcare.

Medicare

Medicare ensures all Australians can access free or low-cost medical and hospital care. Generally, when you have a Medicare card you will not have to pay for up to 85 per cent of the cost for your doctors and public hospital stay.

Using your Medicare card

Take your Medicare card with you to medical appointments and show it to reception staff when you arrive. Be aware some doctors still charge a fee or there could be a gap payment. Medicare can pay back all or some of the cost directly into your account if it is registered with them, or you can send in your receipt and they can transfer the funds.

What is bulk billing?

Bulk billing means the Australian Government pays for your appointment. To be bulk billed you must be registered with Medicare and present your card. Check with each medical centre if they offer bulk billed services.

Medicare

 www.medicareaustralia.gov.au

Private health insurance

Private health insurance requires you to pay a fee (premium) for a policy. When you need to access some healthcare and medical services, the insurer may pay some of the cost. The amount they pay depends on your policy, so always check beforehand.

Private health insurers offer two types of cover, **hospital cover** and **extras cover**. You can choose to have hospital cover only or hospital and extras. With private hospital cover, you may be able to stay in a private room, choose your own doctor and receive some money back.

Extras cover can provide rebates for therapy and treatments outside hospitals. Each health insurer covers different therapies, so it is important to find out what the different policies mean for you.

If your parents have health insurance you could be covered under their policy until you turn 25 if you are studying full time, and are not married. Ask your parents to check with their provider.

Getting the best insurance for you

There are many different deals available so it is important to get the one that is right for you. Things to consider include:

- What health services are covered?
- Are existing conditions included?
- Is there an annual limit on therapies?
- What is the excess (the amount you have to pay when you access the services)?
- Will there be additional costs at the time of the health service?

Helpful tips

- Write a list of what is important for you to have in your health insurance.
- Check the prices for policies with at least three health insurance companies.
- Use a comparison website such as iSelect, Canstar or Choice to compare different health insurance companies and their policies.

Health insurance comparison

 www.privatehealth.gov.au
www.iselect.com.au

medicare



Health professionals

As an adult, a range of professionals can help you manage your health. Here's an introduction to the most common health professionals who can help you.

Dentist

It's important to look after your teeth. Once you have your adult teeth, you only get one chance to look after them. If you don't, your teeth can be painful, look bad, cause bad breath, and can be really expensive to fix.

Public dental services

Public dental services are subsidised by the state government to offer [basic care](#) to people with a Health Care Card, Pensioner Concession Card or Commonwealth Seniors Health Card. They may charge a small fee depending on the treatment.

Private dental services

If you are over 18 years and do not have a Health Care Card, you cannot access public services and have to go to a private dental clinic.

To find your nearest dentist you can:

- Ask your private health insurance provider for a list of dentists in your local area.
- Search the [Australian Dental Association](#) online listing.

If you have private extras health insurance, some of the costs may be covered for you. Be sure to ask how much the appointment will cost beforehand so you can budget for it. Some private health insurers will cover the cost of two check-ups a year if the dentist is on their approved list.

Dietitian

Dietitians provide advice and education on healthy eating habits to treat specific illnesses and to promote general health and wellbeing. They can work with you to help you achieve a healthy weight and a well-balanced diet, manage food allergies or intolerances, advise on specialised tube feeds or manage any other diet-related issues. It is a good idea to see a dietitian if you are having trouble losing or gaining weight, are receiving tube feeds, if you need to restrict certain foods from your diet, or if you just need some good advice about eating and drinking well.

To see a dietitian in the public system, you will generally require a referral from your medical specialist in the hospital. You can also choose to see a private dietitian.

To find a dietitian you can:

- Ask your GP for a recommendation.
- Search the [Dietitians Australia](#) online listing.

General practitioner

A general practitioner (GP) is the local doctor you see when you are feeling sick or have a question about your health. It's a good idea to visit your GP at least once a year for a check-up, even if you are feeling well, so they can get to know you.

Your GP will also arrange for you to see a specialist health professional if needed.

For example, if you have a concern about your heart they can recommend (refer) you to a heart specialist. Your GP will also know about special government programs that may help reduce the cost of your medical care. If you have a health care question, but cannot see your GP straight away, you can call 13 HEALTH (1343 2584) for advice.

Occupational therapist

Occupational therapists (OT) support people to do the everyday tasks they need and want to do. Their focus is on helping people participate in activities of everyday life, whether that is self-care (looking after yourself and your home), work or fun.

This can be done by helping the person learn new skills, by changing the activity or the environment so that the person can have maximum involvement.

You might see an occupational therapist if you need help to find new ways of doing things or achieving independence.

To find an occupational therapist you can:

- Ask your GP.
- Search the [Occupational Therapy Australia](#) online listing.

Talking with your health professionals

As an adult you will need to discuss your health and wellbeing with your doctor and other professionals. Some people find the **GLADD** approach helpful when communicating.

GLADD stands for Give, Listen, Ask, Decide, Do

GIVE	<ul style="list-style-type: none"> • Tell them about your feelings. • Offer insight into how you have tried to help yourself. • Tell your medical history, if they don't know it. • Explain the impacts on your daily life (a health diary might be helpful). • Provide honest answers.
LISTEN	<ul style="list-style-type: none"> • Listen when people tell you about your condition and how you can reduce its impact.
ASK	<ul style="list-style-type: none"> • Query your health. Write any questions you have before an appointment. • If you don't understand the answer, ask for an explanation in more simple words. • If you still don't understand, try asking: <ul style="list-style-type: none"> – Please tell me more about that? – Could you explain that to me again? – Could you write that down for me? – Is there something you can give me to read? • Does my university offer discounted appointments for a student with a chronic health condition or a disability?
DECIDE	<ul style="list-style-type: none"> • What you want to achieve with your health. • Get involved in making decisions about how you want your healthcare to be managed. • What you need to do next.
DO	<ul style="list-style-type: none"> • Follow the action plan. • Be active in your own healthcare.

Optometrist

An optometrist examines people's eyes for vision problems and prescribes and sells glasses or contact lenses. If you have glasses already, you should have your eyes checked every 12 months to two years.

If you don't have glasses, you should see an optometrist if:

- You have blurry vision, either with objects up close or far away.
- Your eyes are teary or watery.
- You have spots, strings or flashes of light in your sight.
- You regularly get headaches when reading.

Many optometrists bulk bill, which means the Australian Government will pay for your eye test. There will be a cost for glasses if you need them. If you have private health insurance, the frame and glass prescription can be cheaper.

To find your nearest optometrist you can:

- Ask your private health insurance provider for a list of optometrists in your local area.
- Search [Optometry Australia](#) online listing.
- Check your local shopping centre.

Once you have chosen a provider, call to make an appointment and take your Medicare card and health insurance details with you.

Physiotherapist

Physiotherapists treat patients with physical difficulties resulting from illness or injury. Physiotherapists work with people to improve their movement and function and reduce pain. It might be a good idea to see a physiotherapist if you:

- Experience pain in your muscles or joints, such as in your back, neck, shoulder, arm, hip, knee, leg or foot.
- Hurt your muscles when playing sport.
- Have difficulty moving and stretching a joint such as your knee, ankle or hip because your muscles are tight.

Talk with your GP about programs that might reduce the cost of these services. To find a physiotherapist you can:

- Ask your GP.
- Search the [Australian Physiotherapy Association](#) online listing.

Psychologist

Psychologists are professionals who help people to think, feel, behave and learn. They can assist people with everyday problems such as stress and relationship difficulties, and some specialise in treating people with a mental illness such as depression, anxiety or psychosis.

Psychologists help people to develop skills needed to function better. Psychologists cannot prescribe medication. Their treatments are based on changing behaviours and emotional responses without medication. Through a referral by your GP, you may be able to get up to 10 sessions in a calendar year using a Medicare rebate, which means that your appointments will be more cost effective. To find a psychologist you can:

- Ask your GP.
- Search the [Australian Psychological Society](#) online listing.

Speech pathologists

Speech pathologists (often called speechies) diagnose and treat communication disorders including difficulties speaking, listening, understanding language, or using the voice.

They can help if you have challenges in these areas:

- Eating, drinking or swallowing.
- Expressing yourself either verbally or non-verbally.
- Choosing and establishing communication devices and technology.
- Developing better conversational skills.
- Improving social skills.

To find a speech pathologist you can:

- Ask your GP.
- Search the [Speech Pathology Australia](#) online listing.





Understanding the NDIS

The National Disability Insurance Scheme (NDIS) may help you to pay for services, supports and equipment that will support your lifestyle choices. So let's make sure you understand how you can access this scheme if you need it.

What is it?

The NDIS provides eligible people with supports so that they can participate in the daily life activities they need to do, want to do or have to do.

Who is eligible?

You are eligible to apply if you have an impairment or condition that is likely to be permanent and that affects your ability to take part in everyday activities. Impairments need to be severe enough to substantially:

- reduce your ability to participate effectively; or
- reduce your ability to perform tasks without assistance from another person or equipment.

You will need to demonstrate that your impairment affects your capacity for social participation and ability to work and that you are likely to require support for your lifetime (i.e. not a temporary problem).

To check your eligibility, visit www.ndis.gov.au/applying-access-ndis/am-i-eligible.

What information is needed when applying?

You will be asked to include a letter, assessment or report from a health or educational professional detailing impairments and how they impact your everyday life. If you do not have a current report, you can ask a professional to complete the application form.

What can be funded?

- Help for self-care and activities of daily living e.g. preparing meals, shopping, showering.
- Transport to community, social, work and daily life activities (if unable to drive or catch public transport).
- Help to apply for and get a job or keep a job.
- Therapies to help learn new skills.
- Support to access recreation and social activities.
- Help with household tasks so you can live independently.
- Provision of some equipment and prescription, set-up and training for these.
- Home modification, design and installation.

What will not be funded?

A support will not be funded if it:

- is not related to the disability.
- duplicates a support you are already receiving via another system e.g. Medicare or Centrelink.
- relates to day to day living costs that are not related to your support needs (e.g. clothing, food).
- is likely to cause harm or pose a risk to others.

For the latest information visit:

www.ndis.gov.au/news/latest

The NDIS planning process

Step 1: Think about your **needs and goals**.

Step 2: Meet with your planner.

Step 3: Develop your plan and manage your supports.

Step 4: Approve your plan.

Step 5: Review your plan.

What are goals?

Goals are your ambitions, dreams or simply what you want to achieve. Some examples may be:

- I want to get a job.
- I want to go to university.
- I want to go to the footy.
- I want to stay fit.
- I want to go dancing.
- I want to live on my own or share with others.
- I want to travel.
- I want to go shopping on my own.

NDIS

 1800 800 110

 www.ndis.gov.au



Managing a chronic health condition or a disability

You may have heard your medical condition being referred to as a chronic disease. This is a health condition that is long-lasting and ongoing. It can affect how you live your life if your condition is not managed well.

Some common chronic conditions include:

- asthma
- diabetes
- arthritis
- heart, stroke and vascular disease
- osteoporosis
- cancer
- kidney disease
- mental health and behavioural conditions
- back problems.

Some examples of a disability may include

- physical disability
- acquired brain injury
- intellectual disability
- autism spectrum disorder (ASD)
- mental health conditions
- deafness or hard of hearing
- vision impairment.

Managing your physical impairment or disability in the adult health care system will be a bit different to what you have experienced as a child. As an adult, there is no doctor that will regularly check your body or limbs for their muscle stiffness or range. It will be your responsibility to monitor and report if you have pain or discomfort, and to seek advice from your GP.

They may then refer you to:

- a different medical specialist such as orthopaedic surgeon
- a rehabilitation specialist
- a physiotherapist
- an occupational therapist.

If your healthcare is funded under an NDIS plan, you can apply for these services to be included.

For it to be a funded service, the therapy must be required to help you achieve functional goals, such as being able to work or look after yourself.



Looking after health equipment

As an adult, you will be responsible for looking after your own health equipment. This includes:

- Cleaning it regularly.
- Checking it for damage.
- Knowing who to contact if it needs to be fixed or replaced.

Orthotics

Orthotics are shoe inserts to support your feet, ankles or legs. If you require new orthotics, you will need to either apply via NDIS, fund it yourself or use your private health insurance. To receive orthotics through the NDIS it must be included in your plan. It must be required to help you carry out everyday activities such as walking, doing your job, getting out and about or driving.

Splints

Splints are medical equipment to support the body and stop movement in a body part. If you have been wearing hand splints and they need to be replaced, you can either ask your GP for a referral to a private occupational therapist, or a hospital-based rehabilitation team. Not all hospitals have these services.

Q&A

Will my physical impairment change?

The tightness in your hands and feet may change while you have growth spurts. After you have finished growing, it is still important to keep working on your management program to prevent this getting worse. It is unlikely to ever get completely better. Therefore remember to:

- keep wearing your splints,
- take your medications or ask GP if you want to change them,
- do your stretches,
- stay active,
- check your skin, and
- seek help early if you notice your muscles tightening, or your splint is not fitting well or if you have pain.

What should I do if my joints or limbs are painful?

- Check your splints are fitting correctly – are there red marks/blisters?
- Talk with your physiotherapist/personal trainer – you may need to adjust your exercise regime or amount of walking etc.
- See your GP and ask for referral in order to understand what may be causing the pain – it may be muscular, joint pain from arthritis or contracture.

Gadgets to make life easier

Sometimes looking after yourself, making meals, caring for a home, and doing things independently can be tricky. Don't worry. There are many devices and tools out there that can help.

There are gadgets you can buy for the kitchen and home, and there are many computer apps that can help when you are out and about.

LifeTec Australia is an organisation dedicated to creating assistive technologies to make people's lives easier. LifeTech has a demonstration centre in Newmarket where you can try out devices. Professionals can demonstrate the products. Once you have chosen something that meets your needs they will be able to tell you where to buy it.

LifeTec

1300 885 886

www.lifetec.org.au



Disclosure

(telling others about a medical condition)

You have a choice

Disclosure is a personal choice. It is always a good idea to do some research prior to disclosing. If you are thinking of telling someone about your medical condition consider:

- Will this person use this information to help you?
- Is it really their business?
- How close is this person to me—only people in your close circle of friends need to know personal details about you.

When should you tell people you have impairments?

A helpful tool you might like to help make these decisions is the [Choosing Your Path, Disclosure: It's a Personal Decision](#) program.

Potential benefits

There can be benefits of telling someone about your disability. It may:

- enable supports to be provided to help you learn new things.
- help to avoid misunderstandings.
- help to educate others regarding the impact of impairments on everyday life.
- allow changes to be made in the workplace so that you can do what you need to do.

Concerns

Some people worry about disclosure because they fear they may be discriminated against, denied opportunities and entitlements, pitied by others, or that it might impact upon their privacy.

See jobaccess.gov.au for information on how to disclose to an employer (enter 'disclosure' into the search tool on the site). See www.legalaid.qld.gov.au for legal advice if you feel you are being discriminated against (enter 'discrimination' into the search tool).

Consent and confidentiality

When can I go to a doctor by myself and when do I need my parent's consent?

You must be capable of forming sound and reasoned judgments to consent to medical treatment. If you are 16 years old, it is generally assumed by law that you have full capacity to consent, however people under 16 can have this capacity too. Unless it is a life-threatening emergency, a doctor must get your consent for any medical treatment.

For minor medical treatment (e.g. for a cold or acne), you have the right to refuse if you are mature enough to understand the treatment. For more complicated treatment (e.g. contraceptive advice), you may still have the right to agree to, or refuse, treatment without your parents' consent. The doctor has to be satisfied that you understand the treatment and its consequences, and that the procedure or treatment is in your best interests.

Your parents can only agree to or refuse medical treatment on your behalf if you are unable to make your own decisions. This decision must be made in your best interests. If you, your parents and your doctor disagree about treatment, a court may need to decide what will happen.

Is what I tell a doctor confidential?

Generally, what you tell a doctor is confidential, but they can disclose information to people who have an interest in your health (such as your parent or guardian) if:

- your doctor believes you do not understand the decisions you are making; or
- they consider it to be in your best interests.

Doctors (and sometimes nurses) are legally obliged to report certain things like thoughts of suicide, infectious diseases or when they think you are at risk of harm. They also may have to report you if you are driving against recommendation.

Going to appointments

Before you go to an appointment, plan ahead and take responsibility for what you need to take to the appointment.

Taking charge of your appointments

- If you cannot make an appointment, then phone and cancel. Otherwise you may have to wait a long time for another appointment.
- Keep track of your appointments on your phone, calendar or diary.
- Keep a track of the names of your healthcare team.

Plan ahead

- Bring a support person or family member.
- Think about how you will get there.
- Check the building access and parking.
- Give yourself enough travel time.

Be in charge of your medications

- Keep a list of names and dosages on phone, tablet or MYHealth Passport.
- Check your medication repeats before a doctor's appointment.

Who can help with your healthcare supports

An important step in this process is knowing which professional helped you get this equipment in the first instance. For example:

- Orthotists for ankle-foot orthoses (AFO), in shoe orthotics.
- Physiotherapists for wheelchairs and walking frames.
- Occupational therapists for wheelchairs, shower chairs, toilet frames and hand splints.

Where and how to get healthcare equipment

If you need replacement items for this equipment you may have to:

- buy it yourself.
- contact your therapist at a local community health.
- team through a referral from the GP, or some centres allow self-referral.
- apply to the NDIS and include the necessary equipment in your plan. The equipment has to help you to participate in home, work and/or recreation activities to meet the NDIS requirements
- contact your adult rehabilitation specialist.

Staying healthy

Maintaining good health is important so you can do the things in life that you want to do. It is often about making some good choices about the things we do each and every day.

Food and drink

Eating well is important. Food and drinks supply the energy and nutrients that our bodies need to work and stay healthy. Unhealthy eating may lead to serious long-term health problems. Some helpful suggestions include:

- Maintain a balanced diet. Eat lots of fruit and vegetables and try to reduce the amount of fat and sugar in your diet.
- Drink plenty of water. Don't wait until you are thirsty. Try to drink about two litres each day.
- If you would like further advice on this you can see a dietician who can help you explore healthy food choices.

Leisure

All work and no play is not a good idea either. Be sure to:

- Make time for friends.
- Include physical activity into your day (aim for 30 minutes moderate activity five times a week).
- Find a hobby or leisure activity you enjoy doing. It is a good idea to try a few different things to find one that really suits you.

Work

Sitting at home all week can make people feel lonely. Try and get out and about. It is a good idea to do something that is important to you that involves you in the community. This can be paid employment, volunteer work or just being involved in a local community group.

Work can also be those things you do to help out around the home – like chores. Leaving one person to do all the chores is unfair. It can be frustrating if people have to constantly be asked to help out. Remember, even though you may not enjoy housework, people often feel good knowing that they have done their bit to help out. Talk with the people you live with and share out these work responsibilities.

Rest

Our bodies and minds need rest to recover and re-energise. If you don't get enough rest then you might find it difficult to make good decisions, and your muscles may not work very well and you become clumsy.

Some tips for getting enough rest may include:

- Take a break when tired.
- Maintain a good sleep pattern – wake up and go to bed at a regular time.
- Don't do anything too energetic just before bed.
- If worrying about something is keeping you awake, talk to someone who can help you with it.

Staying healthy

 www.qld.gov.au/health/staying-healthy



Mental health and wellbeing

Mental health and wellbeing can be as important as looking after your physical health.

Connection between emotional and mental health

Emotional health and mental health are different but they both work alongside each other. It's important to manage both emotional and mental health as part of your overall health and wellbeing.

If you are struggling or know someone who is struggling with emotional health it is important to speak to someone about your concerns and help you work through any emotions you are struggling with, you may choose a family member or friend to confide in or choose to speak to someone who doesn't know you personally, speaking to your GP can also help.

People have different symptoms when they struggle with emotional or mental health issues these may include:

- depression
- anger
- fear
- anxiety
- stress
- worry.

There are various organisations that provide free and confidential advice and support if you are experiencing any symptoms. If you are struggling with emotional and mental health these organisations can help:

Lifeline

13 11 44
www.lifeline.org.au

Beyond Blue

1300 22 46 36
www.beyondblue.org.au

Kids Helpline

1800 551 800
www.kidshelpline.com.au

Moods are an important part of our everyday experiences. From time to time, everyone feels sad or out of sorts. However, depression lasts longer than sadness and often involves feelings of helplessness and hopelessness.

Depression is not something to be ashamed of or feel guilty about. It is not just a mood that someone can snap out of.

If you are concerned about depression, please talk to your family and friends, and see your GP.

Fatigue

Fatigue, or feeling more tired than usual, can be common and associated with some conditions. You may feel sleepy, have no energy or become irritable.

Physical fatigue

Physical fatigue occurs when your body becomes tired. This can sometimes make movement and activity difficult. You may find you become clumsier or get stiff muscles.

Mental fatigue

This is when your brain becomes tired from having to focus and think. When you are mentally fatigued, it is harder to pay attention and it takes longer to think about things. It can also make it difficult to remember things.

In the work place

- It may become more difficult to complete physical activity later in the workday.
- Concentration decreases, and tasks take longer to finish.
- You may have difficulty remembering what you have done and what you should be doing.

When driving

- You are not as aware of the hazards on the road.
- Your reaction time slows so it takes you longer to stop or avoid danger.
- You are at greater risk of having an accident.

When you are feeling fatigued

- Have plenty of rests throughout the day. This could be just sitting still for five minutes.
- Change activities more frequently so you are not stuck doing repetitive activity.
- Organise your day so the harder activities are done earlier.
- Allow for more time to complete tasks when you know you will be tired.
- Organise alternative transport if you're going to be tired – don't drive tired!

Signs of depression

People with depression may:

- feel sad, moody, dispirited, anxious or worried.
- be irritable, emotionally distant and/or unable to cope with everyday demands.
- lack energy and motivation.
- avoid contact with people and dread everyday activities.
- increase their use of drugs or alcohol.
- lose their appetite or start over eating.
- have disturbed sleep.

Culture, identity and spiritual health

A big part of your identity may be from your culture. Queensland is home to more than 200 cultures. Connecting with your culture can be important. Your culture and your history influence who you are through your beliefs and spirituality.

Culture and spiritual health describes a person's connection to:

- Traditions and the place they came from.
- Being in the right “place” – physically, spiritually and socially.
- Connection with their family and community.

Aboriginal and Torres Strait Islanders

To find out about community events visit:

www.qld.gov.au/atsi/cultural-awareness-heritage-arts/events-awards/cultural-events.

Health and wellbeing for Aboriginal and Torres Strait Islander people is influenced by many things and it can be important to talk it out. Visit Headspace for more information:

headspace.org.au/yarn-safe/.

You can learn more about connecting with your culture and researching the language, customs and history online or by speaking to a family or community member. To find out more about cultural identity visit: au.reachout.com/

You can also contact the Department of Aboriginal and Torres Strait Islander Partnerships communities and personal historians team on 1800 650 230.

If you need to speak to someone about feeling unwell or need health advice you can access health services with staff who are culturally aware of important issues that affect Aboriginal and Torres Strait Islander people. You can do this by phoning 1800 556 955. A list of Aboriginal and Torres Strait Islander services in Queensland can be found through the Queensland Aboriginal and Islander Health council website: www.qaihc.com.au/.

Other culturally diverse communities

Queensland has a large population of culturally and linguistically diverse communities. It may be important for you to access health services that are culturally appropriate to address your health needs. A directory of culturally appropriate services for many communities can be found by visiting this website: eccq.com.au/what-we-do/health/.

The Queensland Multicultural resource directory

The Queensland Multicultural Resource Directory provides a comprehensive listing of more than 900 key organisations with multicultural community focus in Queensland.

www.communities.qld.gov.au/multicultural/multicultural-affairs/multicultural-communities/queensland-multicultural-resource-directory



Artwork: Artist: Debbie Coombes, Language Group: Tiwi (Pirlangimpi), *Off to the footy 2015*, Ochre on canvas.

Debbie is the granddaughter and niece of famous Tiwi Island painters. She is well known for joyful depictions of life on the islands including people travelling by cars and canoes of all shapes and sizes to the football, which is a huge part of community life.

Artwork: Spectator Jonze, *Immi: Snake Charmer 2018*, Digital painting on archival paper.
Spectator Jones is a pseudonym for an artist who creates portraits of young people who have overcome mental health issues.
In this work she depicts Immi, who speaks of the challenges she has faced as friendly serpents she dances with on a daily basis.



Living skills

The following pages will be looking at other important stuff you need to think about and take responsibility for as you become an adult.

Emotional health and wellbeing

It is important for your emotional health to have fun with your friends and do things you enjoy. It's also good to do a mixture of activities by yourself.

Friendships

When you are at school, it is easy to make and keep friends as you see them every day. However, when you leave school it may be harder because you will need to make the effort to talk to people and contact them to arrange an activity. When you start work and study, you will also meet new people and you may want to start new friendships.

Some people have difficulty making friends because they are shy, don't know what to say, are impulsive or get confused when trying to keep up with a conversation. If you would like to improve your skills you can:

- ask your GP to refer you to a psychologist, OT or speech pathologist who offer help with social skills
- request supports through the NDIS.

Going to group activities will provide you with a way to meet people and get to know them gradually.

Tips for making and keeping friends

- Make sure you have the phone numbers of your friends.
- Contact your friends regularly. Talk about what you have been doing and listen to what they have been doing.
- Plan ahead and book time in your diary or calendar to see your friends.
- If your friend asks you to go somewhere, write down the details and put it in your diary so you don't forget.
- Remember special events in your friends' lives such as their birthdays and other special occasions.
- Join a sporting or recreational organisation to meet people who have similar interests as you (see social and recreational information sheet for details).

Social and recreational activities

Do you have activities that you enjoy doing in your spare time? This could include:

- playing sport (e.g. football, basketball, tennis).
- riding your bike.
- meeting a friend for coffee.
- swimming.
- watching a movie at the cinema or at home.
- exercising.
- doing arts or crafts (e.g. painting, sewing).
- playing with your dog at the dog park.
- going to a concert/gig/festivals.
- reading a book.

Where can I get information about what is available?

Sport: For details about sporting clubs, check the local paper or search on the internet.

Gym: Gyms and health clubs can be expensive, so consider your budget. Go to a variety of gyms and talk with the staff about what they can offer you and what type of payment plans are available.

Social outings: Some organisations and community services have planned outings on a regular basis. You can search the Internet for local service in your area, some specialist services for disabilities are also available including [Synapse](#) community resources team for support with a brain injury.

Church: Many local churches have programs such as youth groups for young people on a regular basis.

TAFE/university: Student services often arrange group activities for students. Check out the notice boards on campus.



Sexuality

Sexuality is not just about sex. It is about all your sexual thoughts, feelings, values, beliefs, actions and drives. As with personality, a person's sexuality is not like anyone else's. There are differences between how people give and receive affection, feel desirable and how people act when they are in a relationship.

Some young adults need help with:

- Knowing who you want to have a close relationship with and how to go about it.
- Telling people to stop when they are getting more intimate than you want or making you feel uncomfortable or expecting to do things you don't want to.
- Problem-solving ways to overcome physical difficulties when wanting to have a sexual relationship or meeting your needs.

Sometimes young people are unclear about who they are attracted to or with their personal gender identity, you should take time to work out your feelings and your identity. It is important to remember sexuality and personal identity is your business.

Physical and psychological problems can impact your sexuality in the following ways:

- fatigue;
- motor difficulties;
- low self-esteem;
- difficulty regulating emotions e.g. get angry easily;
- communicating; or
- difficulty with social skills.


Seeking professional help can be embarrassing as sex is a personal and private part of life. Your GP is a good person to talk to so that together you can explore what the problems may be and work towards solutions.

Your local family planning association can provide support, reading materials and one-on-one appointments. In Queensland a family-planning organisation is True (true.org.au). The NDIS may be able to assist with funding if you include relationships in your goals.

For safe sexual health advice visit:

 www.qld.gov.au/health/staying-healthy/sexual-health

For information for LGBTIQ+ visit:

 www.qld.gov.au/youth/family-social-support/support-lgbti-young-people

Relationships

A healthy relationship can have advantages in many ways and helps a person feel good about themselves including feeling safe and secure.

For further information about relationships with families, friends, romantic and personal relationships visit:

 au.reachout.com/relationships

Needing help with a bad relationship

If a relationship makes you feel bad about yourself or if you feel afraid or guilty, you may want to reconsider staying in this relationship. It may be difficult to end this relationship. Talking to someone for support will help.

A relationship can be described as abusive when there is physical violence or threats, or if controlling behaviours are present. It may include signs of intimidation, being jealous and possessive, or controlling what clothes you wear or what friends you interact with.

There are various groups you can talk to about your relationship concerns including:

Women's Infolink

Provides girls and women in with information and links to services across Queensland with a free confidential support hotline and online services. Free call statewide service Monday to Friday, 8am to 6pm. Phone 1800 177 577

DVConnect Womensline

24 hours a day, seven days a week
Phone 1800 811 811

DVConnect_Mensline

9am – midnight, seven days a week
Phone 1800 800 636

1800RESPECT

A national service providing support and counselling for crisis and trauma if you have been affected by sexual assault, domestic violence or family violence. These services are available 24 hours a day, seven days a week. Phone 1800 737 732

Drugs

There are many reasons why young people experiment with illegal drugs, but it is important to understand that drugs can easily take control over their lives. Illegal drug use can impact your relationships, work, study and overall health and wellbeing. Seeking help and support for drug use can be hard but recognising the need for help and being honest is the most important step. Support can be a key factor to help a young person to get back on track for a healthy lifestyle.

Alcohol and Drug Information Service

1800 422 599

1800 177 833

www.qld.gov.au/health/staying-healthy/atods

Kids Help Line

1800 551 800

Your Room

1800 442 599

www.yourroom.com.au



Alcohol

By the time you finish high school, it is most likely that you, or someone you know, will have experimented with alcohol.

If you have a current medical condition, it is important to remember that alcohol can effect you more than your friends. It may:

- affect you more quickly and more powerfully.
- increase the risk of seizures if you have epilepsy.
- affect your coordination, therefore putting you at risk of falls and injury.
- result in other medical conditions.
- affect medications with serious side effects.
- affect your mood and emotions.
- affect memory.
- affect your ability to make good decisions.

You may find yourself in risky situations such as fights, car accidents or unwanted sexual experiences.

It's OK to say no

If you have decided that you do not want to drink, be confident in saying no. Sometimes it can be hard to say no to alcohol especially in situations where everyone else is doing it.

Some things you could say include:

"I'm OK thanks, I think I will stick with my Coke."

"Thanks, but it gives me a tummy ache."

"Thanks for the offer but I'm going to keep an eye on my mate."

If you decide to drink, you can reduce the possible problems by:

- eating before and while drinking,
- drinking water after every alcoholic drink,
- finishing your drink before topping it up,
- drinking slowly,
- knowing your limits, and
- having days and weekends without drinking.

Warning signs

Alcohol can become a problem if you drink too much, too often. Some signs that it is becoming a problem may be:

- not being able to concentrate,
- often feeling hungover,
- thinking about drinking a lot,
- feeling on edge, and
- having to drink more to feel the effect of alcohol.

Getting out and about safely

As you become more independent and do more things on your own, it is important that you make choices that will help keep you safe and happy.

At times you are going to be with people who are not making good choices about the things they do, which puts themselves or others at risk of being hurt. Some of these things may include getting drunk, using drugs, getting into fights, or driving recklessly.

Before you find yourself in one of these situations, it is important to think about how you would handle it and what you might want to do if your friends are putting pressure on you. Maybe you could problem-solve this in advance with your caregiver or someone whom you trust.

“Discussing your safety plans with family members can help them to worry less. They also might be more willing to give you some space.”

Personal safety plan

A plan involves thinking about possible situations and having solutions for any possible problems.

Situations

Think about some possible situations where you might need help and who to ask for help.

For example:

- you miss the bus,
- you get lost,
- you feel sick,
- a fire starts in the house, or
- someone you don't know starts to make you feel uncomfortable.

Who to ask for help:

- friends,
- family,
- people you can trust, or
- police, medical staff or staff at information desks in shopping centres or train stations.

Some basic steps:

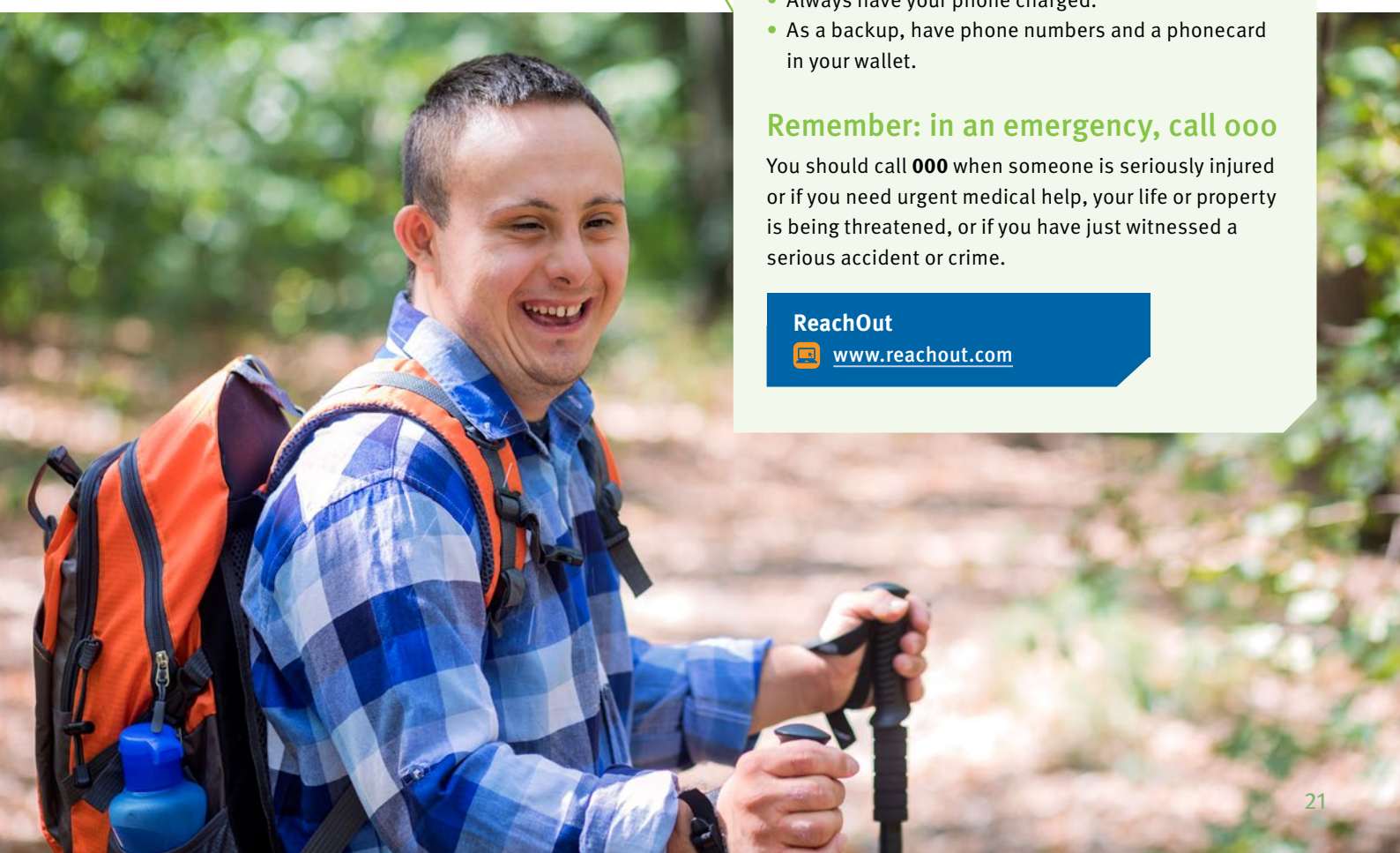
- Tell someone where you are going.
- Have your contacts organised in your phone.
- Have apps for the taxi service, Translink etc on your phone.
- Always have your phone charged.
- As a backup, have phone numbers and a phonecard in your wallet.

Remember: in an emergency, call 000

You should call **000** when someone is seriously injured or if you need urgent medical help, your life or property is being threatened, or if you have just witnessed a serious accident or crime.

ReachOut

 www.reachout.com



Making a will

What is a will?

A will is a document which sets out how you want your property to be distributed after you die.

How do I make a will?

If you are over the age of 18 and are of sound mind, memory and understanding, you can make a will. Wills can be drawn up by anyone but must meet strict conditions or they are not valid. You can get legal advice from a private solicitor (lawyer) before drawing up your will or contact the Public Trustee. The Public Trustee has a free will-making service.

Making a will without mental capacity

A court can approve a will when you cannot legally make a will for yourself. This includes children and young people who do not have the mental capacity legally to make a will.

What can be distributed under a will?

A will can deal with all types of property including real estate (e.g. house, land), personal property (e.g. cars, bank accounts), insurance benefits, and superannuation balances (unless a beneficiary is named in the policy).

How to cancel a will?

Cancelling your will is called revoking it. Your will is revoked if you make a new will or get married.

What happens without a will?

If you die without a will, Queensland laws will determine how The Public Trustee or your administrator distributes your estate. It will first go to your spouse or de facto, then children. If you do not have a spouse or children, the assets will go to your parents, siblings, nephews or nieces, then grandparents, uncles, aunts and cousins.

Public Trustee

07 3213 9288

www.pt.qld.gov.au

Voting

Voting is the formal process in which Australians can choose who they want to represent them in federal, state and local government. It is compulsory for all Australian citizens over the age of 18 to enrol and vote in elections. If you forget or choose not to vote, you may be fined.

Enrolling to vote

To enrol for the first time, complete the online form at www.aec.gov.au/enrol, print it out, sign it and return the form to the Australian Electoral Commission (AEC).

To learn more about how to enrol to vote visit: www.aec.gov.au/About_AEC/Publications/easy-read/files/how-to-enrol-easy-eng.pdf

If you are unable to sign your name due to a physical disability you may get someone else to complete your enrolment form and sign it on your behalf. To complete this form you will need a registered medical practitioner to complete and sign the medical certificate on this form.

Use an Objection Claim form for anyone who should not be included to vote when they are not of sound mind or not entitled to vote for various reasons. See AEC's website for more information.

Australian Electoral Commission

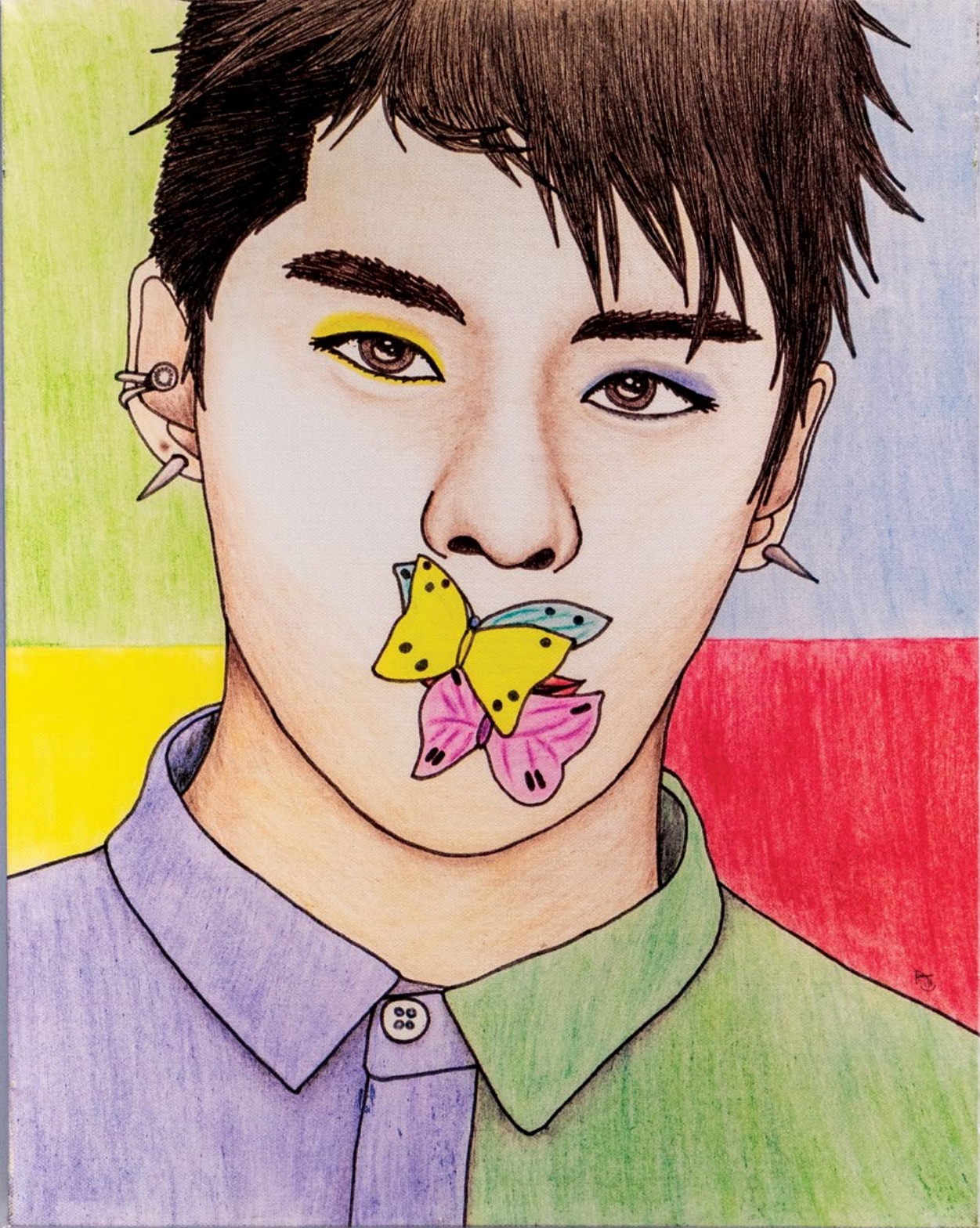
07 3213 9288

www.aec.gov.au



“ If you are over the age of 18 and are of sound mind, memory and understanding, you can make a will. ”

Artwork: Beki Tara, *XIA Incredible 2019*, Limited edition canvas print.
Beki is a self-taught artist who is fascinated by Asian pop culture.
She is part of a community of artists living with disability who use
creativity and art-making to confidently showcase their talents and ideas.



Accommodation

Choosing where you want to live is an important decision that you will have to make at some stage. There are many different options, and it is important to find out what will suit you best.

Questions to ask yourself:

- Who do I want to live with?
- Can I look after myself?
- What type of accommodation do I want to live in?
- Where do I want to live?
- Is it close to where I need to go?
- Can I access transport?
- What can I afford? (remember to consider rent, bond, bills (e.g. gas, electricity, phone), and food.
- What else will I need to move out of home?

Accommodation options

Living at home

This is very common among young people. If you choose to do this, you may want to discuss with your parents ways you can help. This might include giving money for board and expenses like food, internet and electricity or helping out with chores and other household responsibilities.

Living with other family

This might be an option to move away from home but still have a supportive person to help you out if needed.

Tips for living with other people

- Don't borrow your flatmates stuff without asking.
- Respect flatmates' privacy.
- Discuss and agree house rules before moving in.
- Talk about issues before they become too big – regular house meetings might help.
- Do your share of the housework – maybe work out a roster to share this evenly.
- Make sure all the bills are paid on time.

Supported living units

These are houses where a group of people who have a disability live together with the help of support workers who may teach them how to live independently in the community. You can access these via the NDIS.

Share housing

This is a cheaper option where you share a house with other people (friends or people you have not met before). Usually, you meet before you move in to see if you like them and you like the house.

Government housing

This is an option for people who have a disability or are low-income earners. There are criteria you must meet and there can be long waiting lists (up to two years) in certain areas.

Private rentals

This is where you sign a lease for six or 12 months on a house or unit of your choice. You can live there by yourself, or get a roommate to share the cost.

Rental agreements

Once you have decided on a place, you will probably have to sign a rental agreement. Make sure to read all the fine print and ensure that you:

- know what you are agreeing to
- are able to meet these expectations.

Bond

This is an amount of money held by the real estate as security for the property. This is usually about four weeks' rent. This should be refunded when you move out as long as there has been no damage to the property.

Rental assistance

If you are on a Centrelink payment, you might be eligible for rental assistance.

Rental dispute

If you need advice on or encounter problems with rentals you can contact the Residential Tenancies Authority.

www.rta.qld.gov.au/

Finding a place to live

Online

www.realestate.com.au

www.gumtree.com.au

www.domain.com.au

www.flatmates.com.au

Notice boards

At shopping centres or at university or TAFE are good for share accommodation.

Real estate agents

Real estate agents in the area where you want to live can show you a variety of properties available. Be clear and polite when requesting the types of properties you want to view.

Newspapers

Look for the 'to let' or 'share accommodation' sections. The biggest sections are in Wednesday and Saturday newspapers. You can also check your free local newspaper.

For more help:

Department of Housing

 www.qld.gov.au/housing

Synapse

 www.synapse.org.au





Transport

Public transport

It's not only cheaper than having your own car, but it can be less stressful, faster and better for the planet, too. There are many different public transport options available including buses, trains and ferries.

Tips for using public transport

You can plan your trip by using a journey planner on the internet. You state where you are starting from, where you want to go, and what time you need to leave/arrive and they tell you what bus/train you could catch to get there, including what stops you need to get on and off.

Consider the time of day you are travelling because it can sometimes be cheaper to travel outside of peak hour (after 8.30am and before 3.30pm).

Make sure you catch the bus/train in the correct direction.

When the bus/train arrives, check the destination sign and route number.

When catching a train

You will have to pay before you get on the train. You can do this at the ticket machine, the ticket office or touching on at the go card machine.

- Stand behind the yellow line until the train has stopped.
- Allow passengers leaving the train to exit before you get on.
- Know how many stops it is before you have to get off.
- Some trains are express trains and won't stop at every station.

When catching a bus

- Have your go card or money to give the driver ready when you hop on the bus.
- About a block from where you need to get off the bus, pull a hanging cord or press the button to indicate to the driver that you want to get off the bus at the next stop.

Public transport in South East Queensland

Go cards

The go card is TransLink's electronic ticket that allows you to travel on all TransLink bus, train and ferry services. This is the public transport system used in and around Brisbane.

Travelling with a go card is easy. Simply touch on (wave your card at the machine next to the driver at the front of the bus or on the train station platform) at the beginning of your journey and touch off at the end (at the machine near the exit door).

Your fare is automatically deducted from your card balance, based on how far you have travelled. It is important to remember to touch off, otherwise the card will charge you a maximum fee for the journey. If remembering is tricky for you, or you are unable to touch on and off due to your disability, you may be able to talk with your doctor about organising a Translink access pass.

You can buy a go card

- online (see link below).
- at your nearest station.
- some newsagencies.
- by calling 131 230 (24 hours).

Concession cards

If you are a full-time student or have a pension card, you may be entitled to have a transport concession card that allows you to travel for a reduced fare. This is a special Translink card. You must have your student or pension card with you if using a concession card.

Translink



13 12 30



translink.com.au

Driving

Driving with a medical condition

If you have an injury or medical condition it is important to speak to a doctor about whether it is safe for you and others to drive a car. You may need a medical certificate confirming your fitness to drive. Your doctor may also recommend your licence be subject to conditions.

Medical conditions that could affect someone's ability to drive safely include:

- acquired brain injury.
- cerebral palsy.
- spinal cord injury.
- limb deficiency or amputation.

If you have a physical disability the driving assessment will help to understand what modifications may be necessary to allow you to drive.

Why do I need a special driving test?

Driving requires many skills such as concentration, good visual skills, fast physical reaction time, physical coordination, judgment and fast thinking skills. If you have a medical condition, you may find some of these skills hard.

Jet's Law

Licence holders are required by law to disclose to the Department of Transport and Main Roads details of any long-term or permanent medical condition that is likely to adversely affect their ability to drive safely. If you fail to report your condition, you may receive a penalty of more than \$6000 and be disqualified from driving. In 2004 Jet Rowland, 22 months, died after a driver with epilepsy had a seizure and crashed into the car in which Jet was travelling. The law requiring mandatory reporting of medical conditions was introduced after Jet's death. It was called Jet's Law in recognition of his life.

Getting a driver licence

Medical certificate

The first step is to visit your doctor who will check your vision and give you a medical certificate requesting an OT Driving Assessment. If you have an NDIS plan, include any extra costs in your plan e.g. the OT driving assessment, modifications to car, specialist driving lessons.

Learner licence

Queensland has a graduated driver licensing system that encourages safe driving. The first stage is to get a learner licence. You can apply for your learner licence at the age of 16.

To get your learner licence, you must:

1. Get a copy of *Your keys to driving in Queensland*, which is a complete guide to Queensland's road rules. You can download or order a copy from www.tmr.qld.gov.au or buy it from a Transport and Main Roads (TMR) customer service center or a participating newsagent in Queensland. *You are required by law to disclose any medical condition as your insurer may not cover you if you have an accident and have not declared your medical condition.*
2. Complete a Driver Licence application form. *Note: Remember to tick medical condition box and take your medical certificate with you.*
3. Pass the written road rules test. You must take this test at a TMR customer service centre.

Before you take the test, you can do a practice road rules test on the TMR website. Practice test questions can also be found in *Your Keys to Driving in Queensland*.

You can search for your nearest centre at:

www.tmr.qld.gov.au

Learning to drive

1. Have an occupational therapy driving assessment if requested by your doctor.
2. Get L or Learner plates.
3. Complete 100 hours of supervised on-road driving in the TMR Learner Logbook supplied when you passed the learner licence test.

Driving test

Once you have held a learner licence for at least 12 months, accumulated 100 hours of on-road driving experience and passed an online hazard perception test and practical driving test, you can progress to a provisional licence.

Queensland Transport

☎ 13 23 80

🌐 www.tmr.qld.gov.au

RACQ Learn2Go (maps for learner drivers)

🌐 www.learn2go.com.au

Occupational therapy driving assessments

Your doctor is responsible for determining your medical fitness to start driving. An OT driving assessment will help them to make this decision.

The OT driving assessment will take about two hours and includes a clinic-based, off-road, and an on-road assessment.

Clinic-based assessment

You will be asked to complete some thinking tasks and physical tasks.

On-road assessment (45 minutes)

You will complete driving tasks in a dual-control car.

An occupational therapist and driving instructor will be in the car with you. This part will only take place after you have had an opportunity to learn to drive.

Outcome

You will be told at the end of the assessment if you are safe to continue driving, need further lessons, car modifications or need to stop driving. A report is sent to your doctor.

You will need to bring to your assessment:

1. a valid learner's permit.
2. a copy of your medical certificate.
3. a recent vision assessment.

Cost

Assessments can cost from \$400 depending on individual need. You may be eligible to get help with the cost. Medicare rebates (\$50) may be available. Ask your GP about a Chronic Illness Plan.

Car modifications

There are many changes that can be made to cars to enable people with disabilities to drive. Examples include:

- hand controls,
- swivel seat,
- postural support,
- transfer board,
- accelerator control system,
- pedal extensions, and
- spinner knobs.

Driving schools with modified vehicles

RACQ

☎ 07 3872 8925

Driving education and training services

☎ 07 3821 5331

“When you complete a driver licence application form, remember to tick medical condition box and take your medical certificate with you.”





Managing your money

Budgeting


Part of being independent means managing your money so you spend less than you earn. Making sure you have some money left over means you can cover surprise expenses or save up for something you want.

You can make your own simple budget to plan and track how much money you earn and spend. For example, a fortnightly budget might look like this:

INCOME	
Salary/wages	\$
Austudy/Centrelink payment	\$
Other wages/income	\$
TOTAL INCOME	\$

LIVING EXPENSES	
Rent	\$
Electricity	\$
Gas	\$
Water	\$
Clothing	\$
Telephone	\$
Medical/Dental	\$
Leisure	\$
Food	\$
Travel/Petrol	\$
Other	\$
TOTAL expenses	\$
Total income minus total expenses	\$
Savings money	\$

Online budgeting planner

 www.moneysmart.gov.au/budgeting/budget-planner

Bills and receipts

Keep all your receipts in one place, or alternatively there are phone apps where you can store receipts. If you get a receipt via email (for online purchases) save them in a folder. You may need the receipt as proof you have paid your bill or purchased the item from a certain store.

Having past receipts will help you work out how much you need each month for living expenses and therefore how much you have for entertainment and leisure activities.

One suggestion is to keep your bill money, your food money and your spending money separately.

This will ensure you won't get tempted to spend your bill or food money on non-essential items. A budget sheet is a good way to help you organise your own money. A budget should always be reviewed every month or so to make sure you're on track.

Need more help?

If you find it difficult to stick to a budget and often spend more than you earn, there are services that can assist you manage your money. These include:

Budgeting advice services

Check out local neighbourhood centres for programs or google services on the internet.

NDIS

If your goal is to be more independent but you need help with budgeting, include it in your plan.

Public Trustee

Can help manage your finances, ensure that your bills get paid and allow you a small weekly allowance to spend on whatever you want.

www.pt.qld.gov.au

Centrelink

Centrelink is a government organisation that provides financial and employment assistance to people living in Australia. Centrelink services include:

- Job capacity assessments to decide how much you are able to work and connect you to an employment agency who can support you find a job.
- Access to further education and training.
- Social work services including counselling and support for Centrelink customers with difficult personal or family issues, and help with claims for payments (132 850).
- Centrepay that can help you pay your bills as direct debit www.servicesaustralia.gov.au/individuals/services/centrelink/centrepay.
- Centrepay can also help pay your bills from your allowance before it gets put into your bank account. www.humanservices.gov.au/individuals/subjects/managing-your-money-day-day.

Financial assistance

There are many different types of assistance packages available through Centrelink including:

- disability payments.
- mobility allowance.
- youth allowance.
- rent assistance.

There are strict rules for each type of assistance and you may not be able to access all of these packages. If you need assistance to fill out the forms, you can:

- call the disability support centre on 132717
- make an appointment with a disability officer
- drop into your local Centrelink office and ask to speak with a social worker.

MoneySmart

 www.moneysmart.gov.au/managing-your-money/budgeting/simple-ways-to-save-money

Centrelink

 13 28 50

 www.centrelink.gov.au

Banking

How you manage your money may change now that you are an adult. Often people have children's bank accounts that were opened for them by their parents. You may have to consider opening a new account now that you are no longer a child.

How do I open a bank account?

To open an account, you will need to provide the bank with identification. They will usually ask for a number of items such as a driver's licence, 18+ card, student ID, Medicare card or birth certificate.

Which bank should I choose?

Before choosing a bank, you should consider how you want to access your money. Do you want it in a savings account, or do you want to be able to withdraw it to spend as needed, or maybe you want to use a card for all your spending? These questions will help you decide which account suits you best. Banks usually charge fees for different services, so find out what these are. Make sure you compare the different banks before you pick an account.

What is a PIN?

A PIN (or personal identification number) is a number you use to access your accounts at an ATM or via an EFTPOS machine at a shop. It is important to remember them and not give them to anyone else. Don't keep a copy of your PIN with your card either.

Stolen card

If your card is lost or stolen, you must ring your bank immediately. Some banks allow you to stop the card by logging into your account via the internet. They will cancel the card so no one can use it and then give you another one. Most banks have a 24-hour emergency contact number.

Debit card vs credit card?

They look the same-both have a 16 digit number, expiration date and PIN code. A debit card allows you to buy something only if there is money in that account. Whereas a credit card allows you to purchase items and pay the bank later.

However if you don't pay by the due date, you pay interest, which means you end up paying more for the item.

www.infochoice.com.au/banking.aspx

Information about bank accounts that will not let you overdraw

 www.finder.com.au/bank-accounts-no-overdrawn-fees

Mobile phones

Mobile phones are a convenient way to communicate. You can also load them with apps for reminders and alerts, maps and directions.

Things you should know

Prepaid phones

Prepaid phones allow you to buy your handset without having to sign a contract or have a credit rating. To make calls, you buy prepaid phone cards in advance, so you don't get mobile phone bills or build up credit debts. This is a good way to avoid large bills you can't afford.

Contract/payment plans

If you decide to use a payment plan, you will need to sign a contract, which means you are required legally to pay for all of the phone calls, text messages and data that you use. You usually have to do this for a set period of time, for example, 12 or 24 months. You have to be 18 to sign a mobile phone contract, otherwise you will need to have an adult sign as well.

What should I consider before deciding on a phone?

If you are thinking about getting a mobile phone, updating a current phone or changing your plan, you should shop around for the best deal. Ask yourself the following questions:

- How much can I afford?
- Do I understand what the contract says?
- Do I have to pay for the phone and connection?

What are the call charges to different numbers at different times?

- How much are extra features?
- What's the minimum monthly payment?
- Are there any free calls included?
- What are the ongoing commitments (length of contract)?
- Is there a cancellation fee?



Work and study

Choosing a career

Relax! It's OK if you do not know exactly what you want to be by the time you finish school. Chances are you are going to change your career many times over your life. The most important thing is to start thinking about your options.

To get started, try asking yourself:

- What am I good at?
- What am I passionate about?
- What are my skills and talents?
- Do I want to work with other people?
- Do I want to work in an active job?

You can also explore your options by:

- Doing some work experience.
- Talking with family and friends about possibilities.
- Search the internet.

Work experience

Work experience gives you a chance to try out the types of jobs you are considering. It allows you to participate in the everyday activities of a workplace, see if you are suited to that type of work, and can often be a helpful first step towards finding a job.

While work experience is usually unpaid, it gives you experience to put on your resume.

How do I decide what to do?

- Make a list of things that you might like to do when you finish school.
- Talk with other people to find out what they have tried.
- Talk with the school guidance counsellor.
- Request sessions with a vocational counsellor via NDIS.

How do I get work experience?

This can sometimes be organised through your school. Talk with your guidance officer about this.

If you have finished school, employment agencies may assist you to make contact with employers.

You can also do it yourself, just find a company you wish to experience and contact them directly.

www.myfuture.edu.au

www.mycareermatch.com.au

www.workexperiencedirectory.com.au

Research shows people can perform 30 jobs across five different industries in a working lifetime. So if you don't like a job you tried for work experience, it's OK. Just try something else.

Getting a job

The benefits of having a job include:

- earning money,
- gaining experience, and
- meeting new people.

Contact employers directly

If you have identified a few businesses or organisations that you would like to work for, try preparing your résumé or CV and sending it to them directly. You should attach a letter introducing yourself and asking if they would consider you for any positions they have available. For helpful tips on creating good résumés, talk with your guidance officer or careers counsellor at school.

Advertised jobs

Jobs can be advertised in newspapers or on online recruitment websites (see below).

www.myfuture.edu.au

jobaccess.gov.au

www.seek.com.au

www.mycareer.com.au

www.careerone.com.au

www.careersonline.com.au



Employment services

Visit <https://jobsearch.gov.au/serviceproviders> to explore job search agencies/support services. There are different ones:

- JobActive is for most people looking for work.
- DES (Disability Support Service) is for people with a disability or illness.
- TtW (Transition to Work).

You can register with employment/recruitment agencies for free and if they have a job that matches your skills, they will tell you about it and can arrange the interviews. They can also assist people who require more supportive employment options.

Networking

One of the best ways to find your first job is through a referral from people you know. Spread the word among your friends and family. Explain what type of work you're looking for, that you're available for interviews and when you could start.

Help to get work

Due to difficulties with motor skills, thinking skills or social skills, many young people require extra help to develop work skills, apply for jobs or to get a job. There are services that help in different ways.

Disability Support Services (DES)

This agency can help people with a disability, injury or health problem to find and maintain employment.

You need to go to Centrelink first. They will require you to undertake a job capacity assessment.

You can then use one of the specialist support services to help you get started with finding work.

www.jobaccess.gov.au/find-a-provider

NDIS

The NDIS will provide assistance if you are not eligible for DES. They can help with:

- Training and building skills in order to be ready for work e.g. learning to catch public transport, go for an interview, follow instructions (school leaver employment supports) for up to two years.
- Personal care or assistance with transport.
- Assistive devices e.g. wheelchair, communication device.
- Supported employment.

Job capacity assessments

If you are seeking support to get a job through an agency, you may be asked to take a job capacity assessment. This is also required to obtain a disability support pension from Centrelink.

The assessment

It involves a face-to-face interview at a Centrelink office. During the interview, you will be asked what you can do and what things you may need help with once you are working. A friend or a family member can attend this appointment with you.

Things they need to know

The Centrelink officer will ask if you:

- have any physical difficulties,
- get very tired easily,
- take longer to do some things and learn new skills, or
- get overwhelmed with lots of noise and people.

What to take?

Your rehabilitation reports and any other documents about your condition or injury. If the job capacity assessor needs more information, they may ask permission to contact your doctor or other health professional, or ask you to get it. In some cases, they may pay for you to have a specialist medical or psychologist assessment.

What happens afterwards?

The assessors will complete a report making recommendations regarding:

- How many hours you have the capacity to work (there are three categories: less than eight hours, eight to 15 hours and 16 to 30 hours. Thirty hours is considered full-time employment.
- What type of employment agency would best be able to support you.
- Financial assistance you may be entitled to receive.

Centrelink

 13 2850

 www.centrelink.gov.au

Support to attend TAFE or university

While at high school you may have had some support from your school to help you learn and complete assessments, or been provided with physical help or equipment. Some of this support may also be offered through the TAFE and university you wish to enrol in. This can be accessed through the Disability Service Officers (DSO) found at the student services at your TAFE or university.

What Disability Service Officers (DSOs) do

DSOs provide information and assistance to students with a disability. DSOs work collaboratively with students to identify their support requirements. This means you can have a say in how you want to be supported. The DSOs don't know your school history so it is up to you to tell them what happened to you and the impact this has on your learning.

You can use your medical reports from your specialist to help with this process. It is best to get this support early. You can always decrease the amount of support you get but sometimes it is too late to get help after the assessments are finished.

A DSO can help with:

- providing physical equipment for accessing classrooms.
- providing modifications to the course based on the concept of reasonable adjustment.
- access to a note-taker or tutor to help you organise your studies.

What is reasonable adjustment

The ways DSOs can help are ruled by what is called reasonable adjustment. This basically states that they can't provide special advantages, but they can make changes that allow you to have the same opportunities as other people doing the course.

For example, you will still have to sit the exams and prove that you can do what the subject is teaching, but you may get more time to write your exam.

How to contact them

An appointment can be made with the disability support officers by contacting student support services at your specific TAFE or university. Check their website for contact details.





Children's Health Queensland
Hospital and Health Service

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F I

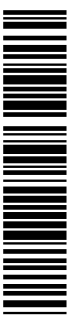
Readiness to Transfer Checklist

This checklist is for you to fill in with your Transition Lead – it will help identify what you already know about your health condition, and what you may need help with during transition, so you can transfer smoothly to the adult services. This should be completed by the young person transitioning or by a parent/ legal guardian for patients whom are unable to complete it themselves.

Healthcare Skills	I'm Confident	Need More Info	Notes	N/A
Knowing My Condition				
I can confidently name and explain my medical condition and treatment plan				
I know the symptoms or complications related to my health condition				
I am aware of any allergies I have and how to manage them				
Medications and Treatment				
I know the names of my medications and what they are for and the side effects				
I am responsible for administering my own medications				
I am responsible for getting a repeat of my prescriptions and having it filled				
I know which tests I have regularly and why I need them				
Appointments				
I can make my own appointments including rescheduling an appointment				
I have appointments with my doctor by myself				
I feel comfortable asking my doctor to provide further explanation if I am unclear about anything				
I know how to organise payment for appointments and treatments				
I know that every year I need a new referral from my GP for the specialist				
Support / Wellbeing				
I have a GP that I trust (your GP will become more important as the coordinator of your care once you transfer to the adult hospital)				
I know what to do if I become unwell or need urgent medical assistance (including after hours)				
I am aware of my healthcare rights and responsibilities				
I feel confident speaking up about my healthcare needs				
I have strategies/supports in place if I am feeling stressed or upset				

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Children's Health Queensland Hospital and Health Service wishes to acknowledge the contributions made by Mater Young Adult Health Centre Brisbane and the Royal Children's Hospital (RCH) Melbourne



Children's Health Queensland
Hospital and Health Service

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F I

Readiness to Transfer Checklist

Healthcare Skills	I'm Confident	Need More Info	Notes	N/A
Transition to Adult Health Service				
I have been involved in my transfer plan and have a copy of my Integrated Transition Summary				
I have the contact details of my new healthcare staff at the adult service/s				
I know how to book and change appointments at my new adult service/s				
I have information about the differences between paediatric and adult health services		<input type="checkbox"/> Fact Sheet		
I have my first appointment booked at my new adult health service/s				
I know how to get to my appointment				
I have my own Medicare card and know what it's for				
Lifestyle Factors				
I would like to discuss relationship and sexual health matters my healthcare team		<input type="checkbox"/> Fact Sheet		
I would like to discuss with my healthcare team the effects of smoking, alcohol and drugs on my health condition		<input type="checkbox"/> Fact Sheet		
Goals				Date completed
1.				
2.				
3.				
4.				
5.				
Comments				
Agreed and Ready for Transfer				
Clinician name:	Signature:	Young Person name:	Signature	
Date:		Date:		

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Further supports

Disability support for young people

<https://p2pqlld.org.au/>

Diabetes Queensland – support for young people

www.diabetesqld.org.au/about-diabetes/young-people/

Aboriginal and Torres Strait Island resources

KARI – Aboriginal community support and preservation services

<https://www.kari.org.au/>

Positive Choices

A culturally safe portal to help young people make positive choices

<https://positivechoices.org.au/culturally-and-linguistically-diverse/>

Support and resources for culturally and linguistically diverse communities

Positive Choices

Helping young people to make positive choices

<https://positivechoices.org.au/culturally-and-linguistically-diverse/>

Ethnic Communities Council of Queensland

Support for social and economic participation and advice and awareness for culturally and linguistically diverse communities

<http://eccq.com.au/what-we-do/>

Support for young people who identify as LGBTIQ+

<https://www.qld.gov.au/youth/family-social-support/support-lgbti-young-people>

Useful apps

Queensland Health's *yourQH* provides a secure way to connect with us and coordinate your referrals and appointments – anytime, anywhere.

https://www.health.qld.gov.au/_data/assets/pdf_file/0035/981764/yourqh-faqs.pdf

The best care for every Queensland child



www.childrens.health.qld.gov.au

 [childrenshealthqld](https://www.facebook.com/childrenshealthqld)  [childhealthqld](https://twitter.com/childhealthqld)  [queenslandchildrenshospital](https://www.instagram.com/queenslandchildrenshospital)