

Teenagers

The needs of people with physical disabilities vary depending on age.

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The teenage years are a time of great change: moving from high school to life after school, parental care to independent control, and the move from the child to adult health systems all in the space of a few short years. The need to start planning is very important.

Actions recommended...

- Planning for adulthood should begin no later than 14 years of age
- Consult a paediatrician and therapy team about what needs to be done
- Seek support on the transfer of health information from a paediatrician to a GP
- Develop a good relationship with a GP who can maintain a full medical history on file
- Get to know what your diagnosis means for you
- Consult a physiotherapist yearly for a full review
- Consult an occupational therapist and speech pathologist yearly for reviews and recommendations
- Ask your current health and therapy team who else in the health team you need to see regularly
- Seek support in understanding whether you'll need surgery – if surgery is required, by when? Many surgeries must take place before the body stops growing
- Before exiting child health services, develop a plan to transfer to adult health and request all referrals to be actioned
- Consult a social worker and/or psychologist with any worries or concerns
- Seek support in planning life after school – involve family, a planner and the health team



Visit futurethinking.abilitycentre.com.au for more information.



Please note that this recommendation is a guide only and should not replace a thorough assessment completed by health professionals.