

# Transition to Life After School

## A Note to Consumers, Parents, Families, Health Professionals And Community Support Services

There are many times of transition across the lifespan; one of importance is the transition from school to life after school, which may include employment, further study, a gap year or moving away from home. Preparation for this transition needs to start in the mid-teenage years.

### Establishing a relationship with your health care providers

Increasing independence across all areas is a key feature of the transition from school to life after school. This also coincides with exiting the paediatric health services and negotiating the adult tertiary health system, which may require some increased awareness and planning.

Establishing a relationship with a GP is an important foundation for health management in adulthood for everyone with a physical disability. It is recommended that while people are still receiving support from paediatric services that they commence finding a preferred GP and begin to handover specific health concerns or relevant health history.

There are no automatic referrals for adult services after an individual has exited paediatric health services. Because of this, a good relationship with a trusted GP is important to facilitate referrals into the adult tertiary health system.

For individuals with specific needs that require continuous monitoring, it is a good idea for a paediatrician to provide handover and recommendations to specialists in the required fields before exiting paediatric services. A GP can then refer to services required, and the GP and the new specialist will have a full past medical history to base their care on.

There are many programs within the health system that people can access through their GP. Access and participation can be exciting, daunting and challenging all at



once – particularly as people start to lead an adult life with increased independence.

It is important to remember that family and support workers can provide support for people with physical disabilities as needed. Being an adult does not mean that a regular support network is unavailable. For some families, encouraging an adult child with physical disabilities to explore their independence can be challenging; for others, figuring out when to ask for help can be difficult. A GP and support team can assist in figuring out levels of help needed, and how best to access that help.

Visit [futurethinking.abilitycentre.com.au](http://futurethinking.abilitycentre.com.au) for more information.