

Transitions Related to Schooling

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

There are many times of transition across the lifespan. Transitions related to schooling can include day care to kindergarten; kindergarten to pre-school; pre-school to primary school; primary school to high school; and high school to further study or life after school.

These transitional times are often busy; they generally go hand in hand with increasing independence, increasing time spent away from main carers or family, changes to cognitive and emotional levels and also physical maturation. With all of these things happening, adulthood and planning for years into the future can seem too far in advance to think about, but it is very important that planning for adulthood begins early during the teenage years.

Big grand plans do not need to be made. Rather, thinking about and taking action with regards to health and physical wellbeing is most important. What happens as a teenager has a big impact on what people will be able to do later in life physically.

Research indicates that planning for the future needs to start no later than 14 years of age. In reality it is never too

late to start planning, but an early start is best if possible.

Regular consultation and monitoring by health professionals will help to 'future proof' the body. During the school years, health professionals can assist with a broad range of areas including:

- Specific exercises to assist with skill development
 - School-based programs to assist with accessing curriculum
 - Sports-specific skill acquisition for inclusion within school sports such as athletics, swimming or team sports
 - Recommendations for individual or group therapy sessions for goal-directed therapy
 - Home programs
 - Facilitating increased participation and access within the community



- Programs for skill attainment
- Assessment of school environment access for play and recreation
- Assistance with communication and access to the community
- Equipment and other assistive technology to assist participation
- Consultation for orthopaedic surgery to improve body movement
- Advice about medication and treatments for improved body health and movement
- Assisting adolescents with taking control of health, wellbeing and general life in preparation for adulthood

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