



# Patricia's Perspective: A Road Trip from Youth to Adult Health Care

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# About Me

- 18-yr old
- 2<sup>nd</sup> year Microbiology/Biochemistry student at Dalhousie University

- Health Care experience:

- Dermatology
- Orthopedics
- Physiotherapy
- Endocrinology



- Started transition to adult care at 16

# My IWK Experience

## ☞ Dermatology

- Eczema

## ☞ Orthopedics

- Knee scope in day surgery

## ☞ Physiotherapy

- Multiple chronic joint problems; recurring injuries

## ☞ Endocrinology

- Numerous blood tests and MRIs to monitor potential brain adenoma

# Speed Bumps Along the Way

- Lack of preparation for transition
- Communication
- Transfer of information and files between health care centers
- Follow up
- Resources



# What the IWK already offers youth



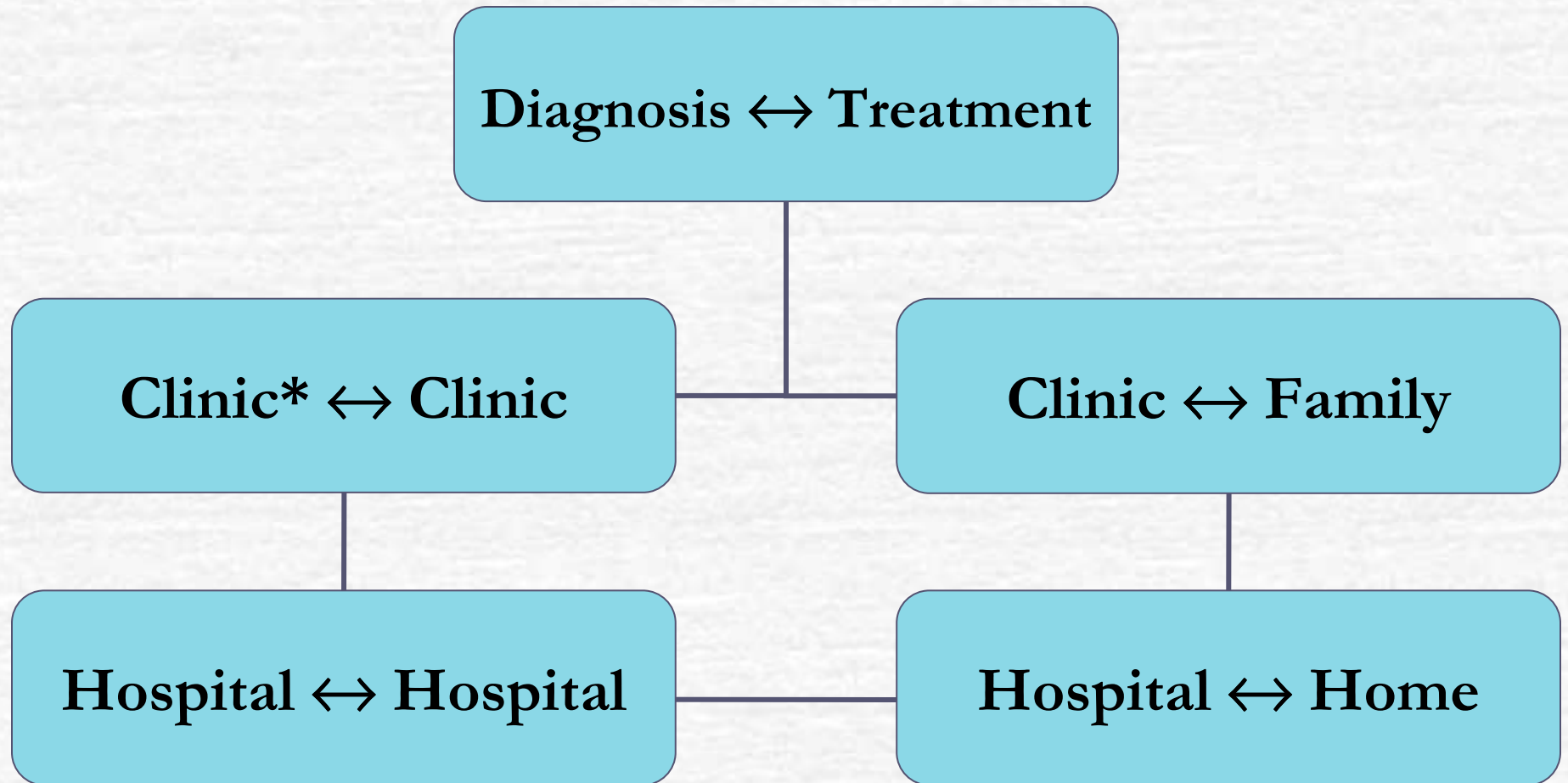
- Wonderful, caring staff
- Relatively short wait lists
- Top-notch facilities
- Youth Advisory Council
- Accessible

# My Ideas for Smoother Transition



- More time to plan with youth and their families for transition
- Peer support
- Communication between the systems
- Provide easily accessible resources (outpatients)

# Communication Web



\* Clinical team includes physicians, nurses, therapists, receptionists

# Tips for Communicating with Youth

## ☞ **BE HONEST.**

- We want to be prepared

## ☞ **BE CLEAR.**

- We can handle responsibility if explicit

## ☞ **BE UNDERSTANDING.**

- We don't want to be underestimated and/or overestimated





# Thank You!

**The IWK Youth Advisory Council (YAC!)**

**We are the messengers of  
youth voice at the IWK.  
Consult the experts!**

