

Media release

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New framework to support young Tasmanians with chronic conditions

A new resource designed to ensure young Tasmanians living with chronic conditions experience a safe and supportive move from child to adult health services is now available for patients, carers and health professionals across the state.

The *Moving on Up* framework aims to provide health professionals, parents, carers and patients with easy-to-follow guidelines for a safe transition of care.

It recognises that transition isn't a one-off, administrative event – it's a complex process that must be tailored to meet each young person's unique needs.

It's designed to support young people with chronic conditions such as cystic fibrosis, congenital heart disease, diabetes, mental illness, as well as those with experience of childhood cancer or disability.

Research suggests chronic conditions affect the everyday lives of almost 64,000 young Tasmanians, Primary Health Tasmania spokesperson Sal Bucksey says.

"Often these young people will have become used to engaging with the health system in their childhood years. Because of that, the transition to adult services may be a challenge – one that coincides with an already transformative period of life," she says.

"This framework recognises that, and provides practical guidance to help the young person, their clinicians, and carers safely navigate the move up into the adult system."

Dr Graeme Bleach, a GP at the Eastern Shore Medical Centre in Hobart, says the framework acknowledges the crossover to adult services can also be an emotional turning point in a young person's life.

"A young person who has grown up with a chronic condition may not fully grasp its impact until they begin the transition into adulthood, and adult care," he says.

"A well-handled transition with the support of a trusted health professional like a GP is an invaluable part of making sure they don't feel like their adult life is starting with them being defined by their condition."

Additional guidance for supporting young people with mental health conditions, developmental disability, experience with homelessness or unique cultural backgrounds is included in the framework, he says.

The framework and its accompanying resources were developed by Primary Health Tasmania (Tasmania PHN) in partnership with key clinical advisors, and are evidence-based, in line with national and international best practice, and endorsed by the Tasmanian Department of Health.

Hard copies of the *Moving on Up* framework have been sent to general practices across Tasmania, and the resource is [free to download on Primary Health Tasmania's website](#).

The new *Moving on Up* framework builds on the excellent contributions of a range of local clinicians to a 2016 children's transition resource.

Primary Health Tasmania (Tasmania PHN) is a non-government, not-for-profit organisation working to connect care and keep Tasmanians well and out of hospital. It was established under the Australian Government's Primary Health Networks Program to support and enable a coordinated, primary care-focused health system.

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For media interviews contact:

Jenny Denholm – Communications Manager

T 03 6213 8200

M 0418 773 233

E jdenholm@primaryhealthtas.com.au

Alexandra Patrikios, Communications Officer

t 03 6213 8200 m 0431 727 106

apatrikios@primaryhealthtas.com.au

Primary Health Tasmania Limited

1300 653 169

info@primaryhealthtas.com.au

ABN 47 082 572 629

