

Lives Unaffected

At Cystic Fibrosis Community Care (CFCC) our mission is to promote research, education, increase awareness of cystic fibrosis (CF) and provide education, support and advocacy to the CF community across Victoria and New South Wales.

Transition Checklist

Below is a quick check list to help guide you in your transition. If you aren't sure about something on the list, ask!

- I have met everyone in my new team.
- I have a Medicare Card.
- I have my own GP.
- I know the symptoms of an exacerbation.
- I know the supports I am entitled to through Medicare and Centrelink.
- I know how to make an appointment with my new CF team.
- I have my CF team's number.
- I know where to order my nebuliser and other equipment.
- I understand my treatment routine, tests, labs, and health plan.
- I know my way around my new hospital.
- I know who I can talk to when I need help.

Transitioning to adult CF clinics

A CFCC resource guide for young adults





Transition? What's that?

You may have started to hear about transition during your clinic visits with your family and are wondering what that means. Transition is the process you will begin around the time you are in secondary school to help you move from the paediatric hospital to the adult hospital. Some paediatric hospitals may have a formal program you can join, chat with your current clinic team to find out what transition support is available.

I'm at the adult clinic, now what?

Transition is different for everyone. Some people say they have a hard time leaving their old team while others are happy to move on. It can be pretty full on when you start. Lots of new doctors, staff and a whole new hospital system and a new process of doing things. This can be overwhelming, and you may not know who exactly to talk to when or how and what to say.

Family and friends are a great support during this time, but it is also important to get to know your new treatment team.

What do I need to know?

The important things to remember when you transition are to always know who to contact in an emergency or if you are having an exacerbation. You'll want the numbers of your team available and have information about where to order specific nebuliser equipment and how to pick up scripts at the new hospital. Some processes, like annual reviews, are different so it's important to ask about this when you arrive at your new clinic.

There are also changes that can happen to subsidies and programs you may have been enrolled in at the paediatric hospital, such as Health Care Card or getting your own Medicare card. Because the programs you access may depend on your situation and websites can change frequently, we've included some key phrases for you to research online.

Applying for a Medicare Card

Isolated Patient and Accommodation Assistance Scheme.

Ex-Carer Allowance or Mobility Allowance.

Concessional Parking

Chronic Illness Management Plan

Pharmaceutical Benefits Scheme Safety Net

It can feel like a lot to learn when you start, but be assured there is support available. Contact your CFCC Programs and Services team in NSW or VIC.

How we can help

CFCC can provide individualised support to you and have a confidential chat about anything you may be experiencing during your transition and beyond.

Our supports and services

- Information line
- Hospital visits
- Advocacy
- Peer Support
- Accommodation Assistance
- Community Events
- Education Support
- Transplant Assistance
- Social Work Support
- Practical assistance with nebulisers
- Solution focused counselling
- Inpatient hospital kits

Still not sure? Contact someone in our Programs and Support Services team at:

**E admin@cfcc.org.au
P 02 8732 5700 (NSW)
P 03 9686 1811 (VIC)**