

Who can use this service?

- A young adult who needs coordinated supports to transition from paediatric to adult healthcare services
- Aged 17-25 years old
- Living in Victoria
- Have a dual diagnosis of complex physical disability and complex medical needs
- Requires support from medical and two or more allied health professionals

How can I be referred?

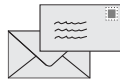
Your medical doctor or allied health clinician (with a medical support letter) can refer to this service

The referral letter needs to include:

- Strengths and interest of the young adult
- Reason for referral
- Diagnosis
- Detailed medical and surgical history and any outstanding concerns
- Overview of current function
- Phone and email of the best contact person
- GP Contact details

Referrals can be made by post to the department or email

YATSreferrals@monashhealth.org



Department

Clinic Lead
Young Adults Transition Service
Specialty Clinic
Kingston Centre
Cnr Warrigal and Kingston Road
Cheltenham Vic 3192

Phone 03 9265 1411
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monashhealth.org

For interpreting services phone
131 450



This document is intended for information purposes only and does not replace discussion or advice that your healthcare team gives you.

Reviewed August 2023

Consumer Reviewed

Young Adults Transition Service (YATS)



This information is for young adults with disability who are transitioning from paediatric services to adult health care services

What is the Young Adults Transition Service?

The Young Adults Transition Service at Monash Health helps young adults with complex physical disability and complex medical needs to transition from paediatric to adult healthcare services.

The Young Adults Transition Service focuses on the person's needs. We also assist in building a person's skills and confidence to understand their physical and health needs to develop a transition plan.

Who is in the team?

- Medical specialist
- Occupational therapist
- Physiotherapist
- Social Worker
- Rehabilitation Engineer
- Neuropsychologist
- Allied health assistant

What is transition?

Transition is the process that supports the change from paediatric to adult healthcare services.

A transition plan is developed with you, your carers and your multi-disciplinary healthcare team.

We support transition through a medical clinic which helps you to coordinate your transfer to adult health services. This can be through phone reviews and allied health consultations.

When complete, the young adult's General Practitioner is the main point of medical contact in coordinating ongoing healthcare needs.



What can the service do?

- A multidisciplinary (a team of professionals), person centred (focuses on you) approach
- Specialist medical and allied health assessment and support
- Learn to manage your healthcare needs
- Referral to medical and specialist services
- Wheelchair and seating clinic
- Support community therapists with complex assessments
- Equipment assessment and advice
- Establishing links to GPs and community based therapists
- Social work counselling
- Support to access exercise
- Identify and support occupational needs
- Support to access your NDIS plan