
Information for Parents & Whanau

- / It is important to recognise that heart teens have their own view and opinion about their health.
- / This can be a challenging time for parents in allowing their heart teens to be independent and taking more responsibility in looking after their health.
- / Heart teens need to learn about their heart condition and how to manage it. Parents play a crucial part in this stage.
- / Heart teens need support and encouragement in order to feel empowered to develop skills in communication, self-advocacy and decision making.
- / Medical professionals will work with heart teens and their family whilst the heart teen learns these important skills.
- / Parents and whanau will always play a very important part, however their role changes through the process.
- / Health professionals and Heart Kids are here to support heart teens and their families through the transition process.

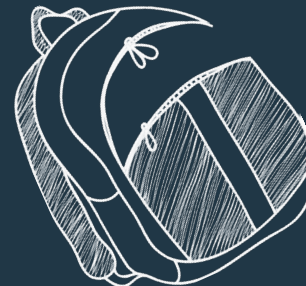
For further information, contact:

- / **Nurse Specialist – Adult Congenital Cardiac Service**
Auckland District Health Board
Telephone: 027 227 1400
Email: achdnurse@adhb.govt.nz
- / **Your local General Practitioner**
- / **Heart Kids**
Telephone: 09 377 9950 | 0800 543 943
Email: info@heartnz.org.nz



For further information:

www.heartkids.org.nz
www.facebook.com/heartkidsnz
0800 543 943
info@heartnz.org.nz



Transition



Supporting heart kids through life

Information for Heart Kids and parents/
Whanau about moving from paediatric to
adult cardiology services

Heart Kids is the only organisation in New Zealand dedicated to providing lifelong care and support for children, young people and families impacted by childhood heart defects (CHD).

We have been here for over 30 years, walking alongside families whose worlds have been turned upside down by the news of their child's heart defect or by learning that their child has acquired childhood heart disease through an illness such as Rheumatic Fever or Kawasaki Disease.



What is Transition?

- Transferring from paediatric to adult services.
- A process over 3-4 years.
- It is an exciting time while you become a young adult.

Transition isn't:

- Something to be worried about.
- Something that happens overnight.
- Something you go through alone.

Stages of Transition

- Stage 1**
Age 13 Introduction to the transition process.
Learning more about your heart condition.
- Stage 2**
Age 14 Learning how to manage your heart condition and gaining more responsibility.
Start thinking about finding a GP you trust and are comfortable talking to.
- Stage 3**
Age 15 Around this time, you will have your last appointment with paediatric services and have a transition plan.
You should feel prepared to transfer to adult services.
- Stage 4**
Age 16+ You attend adult services and know what to do if you become unwell.

Note: Depending on specific individual needs and / or developmental milestones the transition stages may differ for some people.

What's Going to Change?

Child Services

Doctors ask your parents/whanau most questions.

Your parents/whanau are with you for all appointments.

The ward will have babies and children as patients and their parents/whanau.



Adult Services

Doctors will see you as independent and ask you questions.

You may choose your support person for you appointments.

The ward will have adults of all ages as patients.

Tips from a Heart Teen



Don't be afraid to ask questions, no question is a silly question.



It was great that my Mum and Dad could still come to my appointments if I wanted them to.



There is WiFi in the hospital, so don't forget to bring your phone and charger.



Remember to write down the date of Camp Teen Beat; camp is a great way to talk to teens who are also transitioning!

Bronwyn Ward, Heart Teen

Your Transition Checklist

- I know what condition I have and I can describe how it affects me.
- I know my symptoms and what to do in an emergency.
- I know which medications I take and why; plus I know how to get more supplies.
- I have picked a GP that I like and feel comfortable talking to.
- I keep track of my appointments on my phone and diary.
- I know who my supports are and how to contact them.
- I have my health information on my phone.
- I know my health rights:
<http://www.hdc.org.nz/the-act-code/the-code-of-rights>