



Checklist: planning to help young people with intellectual disability move to adult health services

Having a plan will make it easier for young people with intellectual disability to move to adult health services. Your young person's healthcare team will work with you and your young person to write a plan. You can ask for a copy of this plan.

Things you can do during the planning stage:

- Write down any questions you want to ask.
- Find out at what age your young person will stop seeing their current healthcare team.
- Support your young person to identify new healthcare workers, which might include: a GP that they like and trust, a dentist, a pharmacist, a physiotherapist, a speech pathologist.

Referrals

- Confirm whether your young person will need any referrals to adult health services.
- Request copies of referral letters from your young person's healthcare team.

Medicare and/or Health Care Card

- Register your young person for their own Medicare card.
- If applicable, register your young person for their own Health Care Card.

My Health Record

My Health Record is a digital platform to securely store health information. Having all your young person's records in one place is very helpful when they see multiple healthcare workers. It makes it easier for you and your young person's healthcare team to keep track of their health information.

- Support your young person to create a MyGov account.
- Through your young person's MyGov account, register them for My Health Record.

National Disability Insurance Scheme (NDIS) – if relevant

- Organise relevant NDIS forms. Contact your NDIS Local Area Coordinator if you need help.
- Consider whether your young person will need a 'plan nominee' when they turn 18.

Guardianship

When someone is unable to make decisions, a person with formal authority may need to step in and make decisions for them. A guardian is a person with legal authority to make important health and lifestyle choices for someone with a disability and impaired decision-making ability. If considering guardianship, information is available from:

- the Office of the Public Guardian Tasmania
- the Tasmanian Civil and Administrative Tribunal (TASCAT).

