



# Getting to grips with cystic fibrosis

## Transition information for teenagers

### Useful info (fill in the blank spaces)

My hospital respiratory department	
My hospital cystic fibrosis nurses	
My hospital social work department	
My hospital pharmacy	
Kids helpline	<a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
GP surgery	
Cystic Fibrosis Queensland	(07) 3359 8000
<b>Useful info (fill in the blank spaces)</b>	
My cystic fibrosis consultant is called	
My GP is called	
My GP surgery address	
My Medicare number is	
I am allergic to	

### The three stages of learning to care for yourself.

#### Stage 1:

##### Working out what you need to know.

You haven't started to learn the skills yet but are learning what you need to know for your future.

#### Stage 2:

##### Learning the skills you need to care for yourself.

You know what you need to learn and are practicing the skills for later life with some help.

#### Stage 3:

##### Looking after yourself with confidence.

This is the advanced stage where you know what you need to know and have learnt the skills to do things on your own with confidence.





### Check list 13 - 14 years

	Not yet but I am thinking about it	I need a bit of help but I am getting there	No worries
I am seeing my cystic fibrosis doctor on my own for a short time in clinic.			
I know I have cystic fibrosis and know some of the ways it affects my body.			
I have started learning about my medicines and their names.			
I can take some of my medicines on my own.			
I can tell when I am sick.			
I know about the way puberty affects my body.			
I know about the way smoking and drugs can affect my health.			
I have told important friends and other people I have cystic fibrosis.			
I have a GP and I know their name.			
I do regular exercise and know why it is important for my health.			
I can list the right foods that I should eat.			
I can talk about my moods and feelings easily.			



**Check list 15 - 16 years**

	<b>Not yet but I am thinking about it</b>	<b>I need a bit of help, but I am getting there</b>	<b>No worries</b>
I see my doctor on my own and ask questions in clinic.			
I know about cystic fibrosis and how it affects my body.			
I know all about my medicines and why I take them.			
I can take most of my medicines on my own.			
I know when I am getting sick and what to do about it.			
I have started practicing how to make an appointment and ordering medicines.			
I know about the way smoking and drugs can affect my health.			
I know about my fertility and about safe sex and contraception.			
I have a GP that I like and I visit.			
I have a group of friends and important people in my life who know I have cystic fibrosis.			
I have plans for education and work in the future.			
I have people I can talk to if I am feeling down or worried.			



### Check list 17 - 18 years

	Not yet but I am thinking about it	I need a bit of help, but I am getting there	No worries
I look after my cystic fibrosis care myself at home.			
I know when I am sick and what to do.			
I have written a summary about my health to give to other doctors.			
I make my own clinic appointments and can order medicines myself.			
I know about transfer to adult care and have met/have a date for meeting the team.			
I have talked about Centrelink and entitlements with the cystic fibrosis social worker.			
I know about my fertility, pregnancy planning, and contraception.			
I have a good group of friends and people I can depend on who know I have cystic fibrosis.			
I have a GP I like and am comfortable with.			
I have plans for my future education and employment.			
I know how cystic fibrosis may affect my mental health and how to get help with this.			