



Further education and employment

Transitioning to adult care can often coincide at a time when you may be considering further education, such as TAFE or University, beginning a traineeship or apprenticeship, or starting some form of employment. Making plans and following your passions is key to living a fulfilling life which can take time and persistence. There are no limits on what you can aim to accomplish when living with cystic fibrosis, however at times your health may require you to make certain adjustments to ensure you achieve your goals. Like all things in life, it is about finding the right balance for you.

Some adults with cystic fibrosis find working or studying a health related or research-based discipline comes easy to them as they can draw on their personal experience with cystic fibrosis and the wealth of knowledge living with the condition provides. Others develop a passion for helping others and start exploring occupations that allow them to stay active and move into roles of leadership that help motivate or care for others. Everyone is different with their own unique dreams, desires and expectations which need to be satisfied whilst at the same time finding a way to integrate their overall health and wellbeing. Below are some tips that other adults with cystic fibrosis found helpful when deciding their immediate and long-term education and employment ambitions:

To do:

- Start with exploring options that interest and excite you.
- Write down your work or education plans for the next 1-2 years.
- Write down your work or education plans for the next 5-10 years.

- Review each list and think about how you will integrate your health and wellbeing in these plans.
- Remain open, creative, and curious and don't place any immediate restrictions on your dreams.
- Research the different ways you can undertake work and study such as work from home, remote or hybrid study options, self-employment, and entrepreneurship.
- Speak to others you admire and look for opportunities to gain experience in their field.

Knowledge check!

I know and understand...

- Planning is important and contributes to my overall wellbeing.
- I can achieve any of my goals with a little compromise and compassion for my own health care needs.
- Finding work or education that allows flexibility is advantageous.
- Asking for reasonable adjustments at my place of work or education is encouraged.
- Making changes to my plans throughout my life is imperative to staying well.
- Where to go for help if I need further assistance or more information.

"Figure out a way to move forward, to stay healthy, then you can do all the things you want to do!"

- Adult living with cystic fibrosis.