

## GRADUATION PLANNING: PREPARING YOUNG PEOPLE FOR HEALTHCARE TRANSITION

### Authors:

EUN JU (JENNY) KIM<sup>1</sup>, JOURDAN HANCOCK<sup>1</sup>, JANE HO<sup>1,2</sup>, PARIS LAY-YEE<sup>3</sup>, FIONA JIANG<sup>3</sup>

<sup>1</sup>Youth & Transition, Sydney Children's Hospitals Network (SCHN), <sup>2</sup>The University of Sydney, <sup>3</sup>SCHN Youth Council

---

### Background and Purpose

This project explores how young people are supported during their transition from paediatric to adult healthcare within the Sydney Children's Hospitals Network (SCHN). The aim is to standardise transition care across SCHN by mapping current practices, identifying gaps, and fostering collaboration. The project seeks to streamline transition planning, increase awareness of available tools and services, and promote consistent, youth-centred approaches across departments guided by the Agency for Clinical Innovation's Key Transition Principles.

### Approach

Since September 2024, Trapeze has engaged subspecialty teams through presentations, consultations, and a post-presentation survey to assess transition planning across the Network. The survey examined current practices, interest in recommended transition preparedness initiatives, and barriers to effective transition planning. The project is structured in three phases:

- **Phase 1: Assessment and Planning (10–12 months)** – Completed
- **Phase 2: Addressing Barriers (3–6 months)** – In progress, focusing on analysing and prioritising barriers faced by young people and co-designing solutions with subspecialty teams and consumers.
- **Phase 3: Reporting and Consistency Framework Development (2 months)** – Upcoming

### Outcomes and Impact

Trapeze engaged 27 of 61 departments (44%) across SCHN, receiving 50 survey responses from medical, allied health, nursing, and other clinical staff. Results showed strong support for structured transition practices, with common methods including Trapeze engagement (75.6%), transition clinics (57.5%), and dedicated time at final appointments (48.9%). Departments expressed interest in new initiatives such as subspecialty-specific clinics (90.6%), peer support programs (78.8%), and e-HEADSSS assessments (72.7%). Key reported barriers to transition planning were staffing/resource limitations (25%), time constraints (21.9%), service limitations (18.8%), lack of structure (10.9%), complex patient needs (9.4%), and limited awareness (3.1%).

### Innovation and Significance

This is SCHN's first Network-wide initiative to understand and improve healthcare transition practices. Young people are actively engaged in co-designing solutions to establish a foundation for consistent, collaborative, and youth-focused transition planning.

**Disclosure of Interest Statement:**

The author declares no conflicts of interest.