

# **Abstract submission for Australian Association for Adolescent Health 2026 Youth Health Conference: Intergenerational equity starts here: Investing in youth health and wellbeing.**

22-24 April 2026 at Novotel Sydney Parramatta.

## **Turning yarns into service improvements: Gathering Aboriginal young people and families experiences of transition care in NSW.**

### **Speakers:**

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### **Background:**

In 2024, the ACI Transition Care Network together with the Aboriginal Health and Wellbeing Stream gathered the experiences of Aboriginal young people and their families as they transitioned from paediatric to adult health care. This presentation will outline the project approach, findings and subsequent actions proposed to drive improvements in transition care, promoting equity in accessing health care.

### **Approach:**

The project received AH&MRC Ethics Approval and employed a culturally responsive qualitative approach using yarning sessions. Participants, including young people, families and carers were recruited through purposive and convenience sampling via existing organisational networks.

### **Outcome:**

Seven yarning sessions were conducted with Aboriginal people from both rural and metropolitan regions. Overall, most of the participants had complex transitions and continue to have ongoing challenges accessing services. Every participant spoke to lack of communication as a key contributor to failing to meet the needs of Aboriginal young people, their families and carers. Qualitative analysis showed feedback was mostly negative and suggested there was little awareness of the transition process, no early preparation and poor communication at various levels. Participants recommended clearer, more frequent communication and increased employment of Aboriginal staff to improve transition support.

### **Innovation and Significance:**

The findings will be used to inform current and future network initiatives to drive improvements in transition care, ensuring the consumer voice is central and investment in youth health is prioritised. The Network will use these findings to build a case for change with local health districts and specialty health networks, driving improvements and integrating the [Key Principles for Transition Care](#) into usual clinical practice.

This project also created an opportunity to explore shared-decision making with young people as an investment in youth health and wellbeing and addressing social determinants of health and wellbeing.

288 (300 word limit)

### **Disclosure of Interest Statement:**

The NSW Agency for Clinical Innovation is a pillar of NSW Health with no disclosures of interest for this submission.