

Bridging the Gap: A Case Study of Youth-Centred Transition Care

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Background:

Transitioning from paediatric to adult healthcare can be a vulnerable time for young people with chronic or complex conditions. Without structured support, this period often leads to service disengagement, poorer health outcomes, and long-term health inequities. The Agency for Clinical Innovation (ACI) Transition Care Network promotes best-practice transition care across NSW, guided by seven key principles that promote early preparation, youth empowerment, coordinated planning, and follow-up. Embedding these principles into health care delivery is essential to investing in youth wellbeing and promoting intergenerational equity.

Approach:

The speakers will present a case study of a young person's transition journey, structured around the ACI's Key Principles for Transition Care. The case follows three phases: early preparation and goal setting, active transition planning with multidisciplinary coordination, and post-transfer support. The session illustrates how youth voice, shared decision-making, and system collaboration created a safer and more equitable transition experience.

Outcome:

The case demonstrates how intentional application of the transition care principles led to improved health literacy, increased engagement with adult services, and enhanced self-management capacity. Feedback from the young person and their family highlights the value of clear planning, trust in providers, and feeling heard throughout the journey. These outcomes reflect the long-term impact of early investment in youth transitions on individual wellbeing and system sustainability.

Innovation and Significance:

Using a single case to illustrate best-practice transition care principles provides a relatable, practical tool for clinicians, managers and service planners. The session links transition care directly to the Conference theme of intergenerational equity, demonstrating how coordinated, youth-centred care during transitions can reduce lifelong disparities and strengthen health systems.

Disclosure of Interest Statement:

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