

Unpacking transition across Australia and New Zealand

Presenter information (please provide the below information for each presenter):

Presenter 1:

Name: Dr Jane Ho

Organization: Sydney Children's Hospitals Network

Position: Medical co-lead, Youth and Transition

50-word Biography / summary of expertise: Jane is a paediatrician and adolescent physician who helped to establish Trapeze in 2013. She has contributed to service development, research projects and position papers. Jane was co-chair of NSW Agency for Clinical Innovation Transition Care Network 2019-2025 and helped to start SCHN Youth Council.

Presenter 2:

Name: Leilani Puse

Organization: Sydney Children's Hospitals Network

Position: The Children's Hospital at Westmead Youth and Transition Clinical Care Committee Youth Representative

50-word Biography / summary of expertise: Lani is a young adult living with a chronic condition who is a strong advocate and Chronic Illness Peer Support member. She co-presented the SCHN Chronic Conundrums podcast that won the Keeping People Healthy award at SCHN Quality and Innovation competition, further submitted to the 2025 NSW Health Awards.

Presenter 3:

Name: Olivia Boland

Organization: Sydney Children's Hospitals Network

Position: The Children's Hospital at Westmead Youth and Transition Clinical Care Committee Youth Representative

50-word Biography / summary of expertise: Liv is a young adult living with a chronic condition who is a strong advocate and Chronic Illness Peer Support member. She has been a Youth Representative for CHW Youth and Transition Clinical Care Committee since May 2024.

Presenter 4:

Name: Dr Jemma Anderson

Organization: Women's and Children's Hospital, Adelaide

Position: Medical Unit Head, Adolescent Ward

50-word Biography / summary of expertise: Jemma is a paediatric endocrinologist and the first adolescent physician in South Australia. She is the Clinical Lead of South Australia's Adolescent Transition Care Clinical Network. Jemma has a passion for supporting community and youth engagement, she is the lead for Paediatric Eating Disorders and Gender Medicine.

Background/ Overview of Workshop:

Adolescents and young adults (AYAs) with chronic health conditions face multiple challenges during the transition to adulthood: developing independence and self-management skills, transfer to adult health services and accessing limited psychosocial supports. This workshop, presented by young people and clinicians across Australia and New Zealand (ANZ) will:

- a) Illustrate the development of transition services across ANZ since the last workshop in 2018, reflecting on regional similarities, differences and key challenges (e.g. risk factors and evaluation) and
- b) Demonstrate practical strategies to support AYAs' transfer between health services using a complex case example to guide discussion and application

Target Audience:

- Young people (12 – 25 years)
- Health professionals involved in transition planning and care

Learning Objectives:

1. Identify practical transition strategies to support AYAs and clinicians
2. Apply a developmental framework to guide effective transition planning
3. Increase knowledge of transition supports and services available across ANZ

Duration of workshop:

- 60 minutes

Will this workshop be co-presented with young people?

- Yes

Disclosure of Interest Statement (example):

The presenters recognize and acknowledge the contribution of AYAs with chronic health conditions to transition services. Their feedback contributes to better care, service improvements and research. The authors have no conflicts of interest for this workshop.