

## List of websites and services relevant to young people: updated July 2020

Topic	Website	Comments
<b>Sexual Health</b>		
Play Safe	<a href="http://www.playsafe.health.nsw.gov.au">www.playsafe.health.nsw.gov.au</a>	An online resource hosted by NSW Government. Teaches YP about healthy sex, STI testing and access to Nurse Nettie.
Marie Stopes Australia	<a href="https://www.mariestopes.org.au">https://www.mariestopes.org.au</a>	A national family planning organisation giving advice on contraception, STI checks, reproductive health. Provides non-judgmental support.
Sex Ed Rescue (resources for parents to make Sex Ed easy)	<a href="https://sexedrescue.com/">https://sexedrescue.com/</a>	Sex Ed Rescue is designed to assist parents in finding a better way to talk about sex so they can empower their child to (one day) make smart sexual decisions.
Sexuality flower model	<a href="https://www.gypshsg.co.uk/CHttpHandler.ashx?id=15375&amp;p=0">https://www.gypshsg.co.uk/CHttpHandler.ashx?id=15375&amp;p=0</a>	Link to the sexuality flower model.
Touching Base	<a href="https://www.touchingbase.org/">https://www.touchingbase.org/</a>	<p>Touching Base Inc. is a charitable organisation, based in NSW that has been active since October 2000. Touching Base developed out of the need to assist people with disability and sex workers to connect with each other, focusing on access, discrimination, human rights and legal issues and the attitudinal barriers that these two marginalised communities can face.</p> <p>Information for people with disability or their carers on how to access the sex industry and the Touching Base Referral List is contained in the Clients section of this website. There are also links to order our unique resources for people with disability</p> <p>Information for sex workers including training workshops, resources and information about disability is contained in the Sex Workers section of this website.</p>

Family Planning NSW	<a href="https://www.fpnsw.org.au">https://www.fpnsw.org.au</a>	Website of Family Planning NSW. Information regarding services and clinics, health information, health promotion, and research.
Family Planning NSW - All about sex	<a href="https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex">https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex</a>	<p>All About Sex is a series of fact sheets for people with intellectual disability and the people who support them. The fact sheets are easy to read and include illustrations to help people with intellectual disability learn about sexuality and relationships. The fact sheets cover a range of topics including bodies, relationships, sex, pregnancy and reproduction, sexual health and sexual assault.</p> <p>Some people with intellectual disability will be able to read the fact sheets independently while others will need the support of a family member, teacher, support worker or advocate. The fact sheets have been designed to make it easier for support people to have conversations and provide information about sexuality and relationships.</p>
Family Planning NSW - Body Talk	<a href="https://bodytalk.org.au/">https://bodytalk.org.au/</a>	Developed by Family Planning NSW designed to help address questions around people and their body. The Body Explorer is designed to explore the human body and reproductive systems and to find out how it all works. This site has loads of information to support people in making healthy decisions around their reproductive and sexual health.
NSW family planning- Disability	<a href="https://www.fpnsw.org.au/general-audience/disability">https://www.fpnsw.org.au/general-audience/disability</a>	Website of Family Planning NSW. Information regarding people with a disability.
NSW family planning- Being a Healthy Woman	<a href="https://www.fpnsw.org.au/health-information/individuals/disability/being-healthy-woman-factsheets">https://www.fpnsw.org.au/health-information/individuals/disability/being-healthy-woman-factsheets</a>	The Being a Healthy Woman factsheets are designed to assist women with an intellectual disability to understand life changes, the importance of a healthy lifestyle, or the need to see doctors when ill.

		It also provides a list of resources on disability for women with intellectual disability, their family members, carers or health care professionals. It can also be used as a teaching tool to help women with intellectual disability learn about their health.
NSW family planning- Sex Safe and Fun	<a href="https://www.fpnsw.org.au/factsheets/individuals/disability/sex-safe-and-fun">https://www.fpnsw.org.au/factsheets/individuals/disability/sex-safe-and-fun</a>	Sex, Safe and Fun is a resource pack for teaching people with intellectual disability about positive safe sex messages. The resource presents a factual and balanced view of the rights and responsibilities associated with a range of sexual activities. There are important messages about consent, enjoyment, intimacy, privacy and safety.  Throughout Sex, Safe and Fun key messages about sexual behaviours and activities are termed 'good sex' or 'bad sex'. Good sex is used to describe behaviours that are consensual, private, enjoyable, safe and within the law. These are presented in contrast with bad sex. Bad sex is used to describe behaviours that are unsafe, generally not socially tolerated, and in some cases illegal.
NSW family planning- Supporting decision making in reproductive and sexual health for people with disability	<a href="https://www.fpnsw.org.au/factsheets/health-professionals/resources/supporting-decision-making-reproductive-and-sexual-health">https://www.fpnsw.org.au/factsheets/health-professionals/resources/supporting-decision-making-reproductive-and-sexual-health</a>	A tool to assist clinicians in supporting the decision making of clients with intellectual disability.
<b>Mental Health</b>		
NSW Mental Health Access Line		Call on 1800 011 511
Head to Health	<a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a>	A website developed by the Australian Government Department of Health dedicated to finding the right Australian digital mental health resources.
Beyond Blue	<a href="https://www.beyondblue.org.au">https://www.beyondblue.org.au</a>	Provides information and support to people with anxiety, depression and suicide prevention.

Lifeline Australia	<a href="https://www.lifeline.org.au">https://www.lifeline.org.au</a>	24 hour access hotline to crisis support and suicide prevention. Call on 13 11 14.
Kids Helpline	<a href="https://kidshelpline.com.au">https://kidshelpline.com.au</a>	Free online and telephone counselling service for YP aged 5-25. Supports for parents/carers and schools. Call on 1800 55 1800.
ReachOut Australia	<a href="https://au.reachout.com">https://au.reachout.com</a>	A website dedicated to YP under 25 years of age with everyday questions from sexual health to mental health.
Headspace	<a href="https://headspace.org.au">https://headspace.org.au</a>	Mental Health support, information for 12-25yr olds.
eHeadspace	<a href="https://www.eheadspace.org.au">https://www.eheadspace.org.au</a>	Online and telephone support and counselling to YP aged 12-25 yrs.
This Way Up	<a href="https://thiswayup.org.au">https://thiswayup.org.au</a>	Developed by St Vincent's Hospital 'this way up' is a online program with illustrated story lines that is currently free during the COVID 19 crisis. The online courses are designed to help identify, understand and improve psychological difficulties like stress, insomnia, worry, anxiety and depression. It is practical and evidenced based and is put together by mental health clinicians. It also has a section for clinicians.
<b>Alcohol and Other Drugs</b>		
Your Room	<a href="https://yourroom.health.nsw.gov.au">https://yourroom.health.nsw.gov.au</a>	A joint initiative by NSW Health and St Vincent's Alcohol and Drug Information Services to get facts about alcohol and other drugs.
Drug Cocktails	<a href="https://www.drugcocktails.ca">https://www.drugcocktails.ca</a>	A website created for young people to help them get the facts about the effects and risks of mixing medications and other substances.
<b>Building Resilience, Coping with Bullying, and Domestic Violence</b>		
Friends Resilience	<a href="https://www.friendsresilience.org">https://www.friendsresilience.org</a> E: <a href="mailto:info@friendsresilience.org">info@friendsresilience.org</a>	FRIENDS programs, endorsed by the World Health Organisation, employ a positive psychology approach, focused on building strengths and resilience, and promoting a healthy lifestyle

		(rather than on deficits and problems).
NAPCAN – prevent child abuse and neglect	<a href="https://www.napcan.org.au">https://www.napcan.org.au</a>	LOVE BITES is a school-based Domestic and Family Violence and Sexual Assault prevention program that evolved on the Mid North Coast of NSW. Over 10,000 students participate annually in the program.
The Reach Foundation	<a href="http://www.reach.org.au">www.reach.org.au</a>	Reach supports young people to get the most out of life. The aim is to improve the wellbeing of young people, so they can be healthy and resilient to meet life's challenges and fulfil their potential. Their youth-led workshops are for any young person between 10-18 years of age.
ChIPS Program	<a href="http://www.rch.org.au/chips">www.rch.org.au/chips</a>	ChIPS is an adolescent peer support program for young people who are: <ul style="list-style-type: none"> <li>• 12-25 years of age with a primary diagnosis of chronic illness,</li> <li>• Living with a chronic illness or condition that affects their daily life,</li> <li>• Are able to attend Eight Week Peer Support Group or a two-day Intensive Group.</li> </ul>
<b>Youth Health Services and Directories</b>		
Health Services for Young People	<a href="https://www.health.nsw.gov.au/kidsfamilies/youth/Pages/health-services-yp.aspx">https://www.health.nsw.gov.au/kidsfamilies/youth/Pages/health-services-yp.aspx</a>	The website lists a range of youth health services in NSW. Youth health services are specialist services providing multidisciplinary, primary healthcare to young people.
The Youth Point-Directory for South Eastern Sydney Local Health District (SESLHD) and Sydney Local Health District (SLHD)	<a href="https://youthpoint.com.au">https://youthpoint.com.au</a>	The Youth Point is a mobile youth services directory featuring agencies that provide services to young people in NSW. The website acts as a point of contact for young people looking for assistance with accommodation, health services, case management, legal supports or employment /education. This service directory

		can be equally as relevant for youth workers or other professionals working within the youth sector.
YouthSource- Joint initiative between Northern Sydney Local Health District (NSLHD), the Department of Education and Communities.	<a href="http://youthsource.com.au">http://youthsource.com.au</a>	A directory of services and resources relevant to young people and those who work, play and live alongside them. (Currently under construction).
Ask Izzy	<a href="https://askizzy.org.au/">https://askizzy.org.au/</a>	A website that allows individuals to search for assistance for a variety of services in their local community i.e. housing, health, Centrelink, money help, life skills & education, legal and a variety of other supports.
Blacktown City Council Youth Services Directory 2017	<a href="https://www.blacktown.nsw.gov.au/Services">https://www.blacktown.nsw.gov.au/Services</a>	A directory of services for young people in Western Sydney.
HNE Kids Health – Hunter New England	<a href="http://www.hnekidshealth.nsw.gov.au">www.hnekidshealth.nsw.gov.au</a>	Contains information on the children’s health services for Hunter New England Local Health District.
Child and Youth Network- Government of Western Australia Department of Health	<a href="https://ww2.health.wa.gov.au/Article/A_E/Child-and-Youth-Health-Network">https://ww2.health.wa.gov.au/Article/A_E/Child-and-Youth-Health-Network</a>	The network aims to improve health outcomes for young people in their community in Western Australia.
The Link Youth Health Service, Hobart Tasmania	<a href="http://www.thelink.org.au/">http://www.thelink.org.au/</a>	The Link Youth Health Service provides health related support and advice to young people between the ages of 12-25.
Royal Children’s Hospital Melbourne	<a href="http://www.rch.org.au">www.rch.org.au</a>	Contains transition section and excellent section on congenital cardiac conditions “Getting pumped for the future”.
Livewire	<a href="http://www.livewire.org.au">www.livewire.org.au</a>	Website of the Starlight Foundation connecting teens living with serious illness or disability throughout Australia.
<b>Rights of Young People in Health Care</b>		
Rights of young people in health care	<a href="https://www.health.nsw.gov.au/kidsfamilies/programs/Pages/rights-child-young-people.aspx">https://www.health.nsw.gov.au/kidsfamilies/programs/Pages/rights-child-young-people.aspx</a>	<a href="#">Includes the Charter on the Rights of Children and Young People in Healthcare Services in Australia</a> A <a href="#">self-evaluation tool</a> to assess

		<p>the extent to which your service already upholds the rights of children and young people and to identify areas for improvement.</p> <p>Video <a href="#">Listen Up: Rights of Every Child in Healthcare</a></p> <p>Video <a href="#">Be in the Know: Rights of Young People in Healthcare</a></p>
Office of the Advocate for Children and Young people (ACYP)	<a href="https://www.acyp.nsw.gov.au">https://www.acyp.nsw.gov.au</a>	The Commission works to improve the safety, welfare and wellbeing of all children and young people in NSW. They speak up for kids to get their points of view heard by adult decision makers. They engage with the children and young people of NSW and listen to their feedback and input.
Mission Australia- together we stand	<a href="https://www.missionaustralia.com.au/what-we-do/research-impact-policy-advocacy/youth-survey">https://www.missionaustralia.com.au/what-we-do/research-impact-policy-advocacy/youth-survey</a>	The Mission Australia Youth Survey is Australia's largest online youth survey. It provides a platform for young people aged 15-19 to speak up about what really concerns them. Topics covered each year include: education and employment, sources of support, family, wellbeing, values and concerns. See website link to full 2017 report.
<b>NSW Health Resources</b>		
NSW Health- Youth Health Framework 2017- 2024	<a href="https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2017_019.pdf">https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/PD2017_019.pdf</a>	The framework supports NSW Health to consider the health and wellbeing of young people when planning and delivering services and programs.
NSW Health- Youth Health and Wellbeing Assessment	<a href="https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/GL2018_003.pdf">https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/GL2018_003.pdf</a>	The guideline presents the current best evidence for conducting a Youth Health and Wellbeing Assessment.
NSW Health- Youth Health Resource Kit- An essential guide for workers	<a href="https://www.health.nsw.gov.au/kidsfamilies/youth/Publications/youth-health-resource-kit.pdf">https://www.health.nsw.gov.au/kidsfamilies/youth/Publications/youth-health-resource-kit.pdf</a>	The youth health resource kit assists workers to deliver effective and youth-friendly health services.
NSW Health- Youth Health Friendly Checklist for Health Services	<a href="https://www.health.nsw.gov.au/kidsfamilies/youth/Documents/youth-friendly-checklist-for-health-services.docx">https://www.health.nsw.gov.au/kidsfamilies/youth/Documents/youth-friendly-checklist-for-health-services.docx</a>	The checklist is to be utilised by service providers to plan how to improve health services for young people.

NSW Health- Substance use and young people framework	<a href="https://www.health.nsw.gov.au/aod/professionals/Publications/substance-use-young-framework.pdf">https://www.health.nsw.gov.au/aod/professionals/Publications/substance-use-young-framework.pdf</a>	The purpose of the framework is to provide drug and alcohol services with clear principles on how to work with young people with substance use concerns.
NSW Health- Supporting Young People During Transition to Adult Mental Health Services	<a href="https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/GL2018_022.pdf">https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/GL2018_022.pdf</a>	This Guideline supports Local Health Districts and Specialty Networks in developing local policies and protocols that support the optimal transition of young people. In particular, from community-based or inpatient specialist Child and Adolescent Mental Health Service (CAMHS) care or Youth Mental Health Service (YMHS) care to Adult Mental Health Service (AMHS) care.
HEEADSSS- Getting the conversation started	My Health Learning Course Code: 99482031	The online module helps health professionals to explore how to utilise the HEEADSSS framework to engage a young person in a conversation.
<b>Education, Teaching and Training</b>		
NSW Department of Education	<a href="https://education.nsw.gov.au">https://education.nsw.gov.au</a>	Website dedicated to the delivery of early childhood, primary school, secondary education and higher education.
NSW Education Standards Authority	<a href="http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/disability-provisions/applying-for-provisions">http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/disability-provisions/applying-for-provisions</a>	A website for schools to apply for provisions for any HSC student with a disability recognised by the Commonwealth Disability Standards for Education 2005.
National Disability Coordination Officer (NDCO) Program	<a href="https://www.education.gov.au/national-disability-coordination-officer-programme">https://www.education.gov.au/national-disability-coordination-officer-programme</a>	The NDCO Program works to assist people with a disability to access and participate in tertiary education and subsequent employment.
TAFE NSW	<a href="https://www.tafensw.edu.au">https://www.tafensw.edu.au</a>	TAFE NSW is Australia's leading provider for education and training courses.
Australian Clearinghouse for youth studies (ACYS)	<a href="https://www.australia.gov.au/directories/australia/acys">https://www.australia.gov.au/directories/australia/acys</a>	ACYS is funded by the Australian Government through the Department of Education, and operates at the University of Tasmania.
Centre for Disability Studies (CDS)- affiliated with the Sydney Medical School,	<a href="https://cgs.org.au">https://cgs.org.au</a>	CDS provides clinical and community services based on the findings of current research, including that conducted at CDS,



University of Sydney		to inform the development of policy initiatives, practice and programs that impact on structures, systems and services for people with disabilities. CDS collaborates with its clinical associates to provide clinics and services for people with disabilities and their families. Contains links to studies on transition.
<b>Australian Government Department of Human Services</b>		
Department of Human Services	<a href="https://www.humanservices.gov.au">https://www.humanservices.gov.au</a>	This websites has access to a broad range of social and health services on behalf of the Australian Government i.e. Centrelink, Medicare and myGov.
<b>Legal Stuff</b>		
NSW Department of Justice	<a href="https://www.justice.nsw.gov.au">https://www.justice.nsw.gov.au</a>	The website contains the Department of Justice and related agencies.
Lawstuff – Know your rights	<a href="http://www.lawstuff.org.au">www.lawstuff.org.au</a>	A website dedicated to providing legal information to children and young people in Australia.
<b>Transition Services (NSW)</b>		
Trapeze Transition Service	<a href="http://www.trapeze.org.au">www.trapeze.org.au</a>	Transition service for the Sydney Children’s Hospitals Network. The website contains useful and relevant joint transition information with ACI for young people, parents/carers and clinicians.
Agency for Clinical Innovation (ACI) Transition Care Network	<a href="https://www.aci.health.nsw.gov.au/networks/transition-care/about">https://www.aci.health.nsw.gov.au/networks/transition-care/about</a>	ACI provides a NSW statewide service for transition for YP aged between 14-25 yrs.
<b>Transition Websites (Overseas)</b>		
<b>USA/Canada Sites</b>		
British Columbia Children’s transition program: ON TRAC	<a href="http://www.ontracbc.ca">www.ontracbc.ca</a>	ON TRAC is a province-wide, multifaceted Transition Initiative to support comprehensive, continuous, accessible, sustainable and developmentally-appropriate care to youth and young adults (ages 12-24 years) with chronic health conditions and/or disabilities.

<p>Good 2 Go- Sick Kids Transition Program Toronto Canada</p>	<p><a href="http://www.sickkids.ca/search/search.aspx">http://www.sickkids.ca/search/search.aspx</a></p>	<p>The Good 2 Go Transition Resource Manual is the ideal source to learn more about the Good 2 Go program and the process of transition for youth with special health care needs from Paediatric to adult health care. The manual includes a comprehensive summary of the history, philosophy, activities and success of Good 2 Go Transition Program at The Hospital for Sick Children since its onset in 2006.</p>
<p>Canadian Transition Clinics and Programs</p>	<p><a href="https://ken.caphc.org/xwiki/bin/view/Transitioning+from+Paediatric+to+Adult+Care/Canadian+Transition+Clinics+and+Programs">https://ken.caphc.org/xwiki/bin/view/Transitioning+from+Paediatric+to+Adult+Care/Canadian+Transition+Clinics+and+Programs</a></p>	<p>Provides information on listings for Canadian Transition to Adult Healthcare clinics and programs in Canada.</p>
<p>Got Transition - Washington USA</p>	<p><a href="http://www.gottransition.org">www.gottransition.org</a></p>	<p>Got Transition/Center for Health Care Transition is a Washington USA service to improve transition from pediatric to adult health care. Outlines 6 core elements of health care transition.</p>
<p>FloridaHATS- Florida USA</p>	<p><a href="http://www.floridahats.org">www.floridahats.org</a></p>	<p>FloridaHATS is a collaborative initiative of the Florida Department of Health, Children's Medical Services Network, Florida Developmental Disabilities Council, and other partners throughout the state. It contains videos and resources on transition. Inclusive of on line education modules on a broad range of topics relevant to transition.</p>
<p>The Transition Care Management Plans (TCMPs) - British Columbia Canada</p>	<p><a href="http://youthtransitioncare.ca/">http://youthtransitioncare.ca/</a></p>	<p>TCMPs were developed through project funding provided by the Specialist Services Committee (SSC), a joint collaborative committee of the Doctors of BC and the BC Ministry of Health. The development of the TCMPs was guided by the Doctors of BC Policy paper on youth transition, Closing the Gap (2012), and the Triple Aim Framework. The TCMPs provide condition-specific information (for neurological and cardiac conditions) to support</p>

		continuity of care for young adults with chronic health conditions and disabilities, aged 18-25 years in British Columbia, as they age out of paediatric tertiary care and into the adult health care services.
CanChild- Ontario Canada	<a href="https://canchild.ca/en/research-in-practice/current-studies/apply-the-mytransition-app-in-transition-applyit-study">https://canchild.ca/en/research-in-practice/current-studies/apply-the-mytransition-app-in-transition-applyit-study</a>	The objectives of the study were to collect information to design a large multi-centre RCT to assess implementation of the MyTransition app, and to assess the feasibility and potential effect of the MyTransition app-based transition toolkit for improving health of youth, healthcare transition experience, and achievement of health and life goals.
<b>UK Sites</b>		
Ready Steady Go Transition- Southampton UK	<a href="http://www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Transitiontoadultcare.aspx">http://www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Transitiontoadultcare.aspx</a>	Ready Steady Go Transition program.
Stepping Up Support for Young People with Chronic Illnesses- Ireland	<a href="http://steppingup.ie">http://steppingup.ie</a>	Ireland's first website to help young people move from child to adult care services launched Dec 2013. Contains patient stories, links to services, Q&A and videos of young people talking about a range of transition topics.
National Managed Clinical Network for Children with Exceptional Healthcare Needs	<a href="http://www.cen.scot.nhs.uk">http://www.cen.scot.nhs.uk</a>	The National Managed Clinical Network for Children with Exceptional Healthcare Needs (CEN) started in March 2009 with the aim to strengthen specialist services for children with complex and exceptional healthcare needs in Scotland. There is a transition section covering principles of transition and practical strategies for implementation.
Together for Short Lives- UK	<a href="https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/pathways/transition-to-adult-services/">https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/pathways/transition-to-adult-services/</a>	A website dedicated to the UK's leading charity for the 49,000 children living with life-limiting conditions, and their families.
<b>Carers Information</b>		
Carers NSW Australia	<a href="https://www.carersnsw.org.au/">https://www.carersnsw.org.au/</a>	Carers NSW is the peak non-

		government organisation for carers in NSW and a member of the National Network of Carers Associations. Their focus is on improving the lives of carers. Carers NSW works with all carers regardless of their age, location, life-stage or circumstances. This includes those caring for individuals with support needs relating to ageing, disability, health and mental illness.
Mytime – Supporting parents of children with disabilities	<a href="https://www.mytime.net.au/">https://www.mytime.net.au/</a>	A website developed by the Australian Government Department of Social Services which offers parents of children with disabilities free support.
Mental Health Carers NSW (formerly Arafmi NSW)	<a href="https://www.mentalhealthcarersnsw.org/about-us/">https://www.mentalhealthcarersnsw.org/about-us/</a>	Mental Health Carers NSW is a non-government organisation that provides systemic advocacy and support for families, relatives and friends of people who experience mental illness, living in NSW.
<b>Accessing GPs</b>		
Health Engine	<a href="https://healthengine.com.au/">https://healthengine.com.au/</a>	Access to booking a Doctor, GP, Dentist or Healthcare Specialist appointments online Australia wide.
13SICK National Home Doctors Service	<a href="https://homedoctor.com.au/">https://homedoctor.com.au/</a>	Access to Australia's largest network of home visiting doctors, afterhours and bulk-billing. Call on 13 74 25.
Health Direct	<a href="https://www.healthdirect.gov.au/">https://www.healthdirect.gov.au/</a>	Access to free 24-hour health advice. Provides symptom checker. Call on 1800 022 222.
<b>Accessing Health Information</b>		
HealthNet	<a href="https://www.ehealth.nsw.gov.au/programs/clinical/healthnet">https://www.ehealth.nsw.gov.au/programs/clinical/healthnet</a>	In NSW, a patient's health information is often spread across a vast number of different locations and incompatible computer systems.  HealthNet is an eHealth NSW program that connects these disjointed systems. It provides NSW Health clinicians with secure and immediate access to a patient's recent medical history from across all NSW Local Health

		<p>Districts and a patient's My Health Record.</p> <p>This means that irrespective of which NSW Health service a patient attends, their treating doctors, nurses and allied health providers will have the information they need to deliver the best care.</p>
My Health Record	<a href="https://www.myhealthrecord.gov.au/">https://www.myhealthrecord.gov.au/</a>	<p>My Health Record is an online summary of your key health information.</p> <p>When you have a My Health Record, your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.</p> <p>Whether you're visiting a GP for a check-up, or in an emergency room following an accident and are unable to talk, healthcare providers involved in your care can access important health information, such as:</p> <ul style="list-style-type: none"> <li>• allergies</li> <li>• medicines you are taking</li> <li>• medical conditions you have been diagnosed with</li> <li>• pathology test results like blood tests.</li> </ul> <p>This can help you get the right treatment. You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time.</p>
<b>NSW Ambulance</b>		
NSW Ambulance Authorised Care Plan	<a href="https://www.slhd.nsw.gov.au/BTF/pdfs/Amb/Authorised_Care_Form.pdf">https://www.slhd.nsw.gov.au/BTF/pdfs/Amb/Authorised_Care_Form.pdf</a>	NSW Ambulance Authorised Care Plans encompass Adult Palliative Care Plans, Paediatric Palliative Care Plans and Authorised Care Plans. It is the

		responsibility of the treating clinician to ensure all fields are completed prior to submission to NSW Ambulance.
<b>Specific Disabilities/ Chronic Conditions /Illnesses</b>		
<b>Disability</b>		
Family and Community Services- Disability and Inclusion	<a href="https://www.facs.nsw.gov.au/inclusion/disability">https://www.facs.nsw.gov.au/inclusion/disability</a>	Website includes inclusion plan, resources, guidelines and employment options for people with a disability.
HireUp- Disability support workers	<a href="https://www.hireup.com.au">https://www.hireup.com.au</a>	A website which is an online platform for people with a disability to find, hire and manage support workers who fit their needs and share their interests.
NDIS	<a href="https://www.ndis.gov.au">https://www.ndis.gov.au</a>	The official site for the National Disability Insurance Scheme.
Youth Disability Advocacy Service (YDAS)	<a href="https://www.yacvic.org.au/ydas">https://www.yacvic.org.au/ydas</a>	An advocacy service in Australia dedicated to helping young people with disability achieve their human rights.
Disclosure: It's a personal decision	<a href="https://www.westernsydney.edu.au/choosingyourpath">https://www.westernsydney.edu.au/choosingyourpath</a>	Addresses challenges by providing options and pathways that people with disabilities can use in disclosing their disability.
Novita	<a href="https://www.novita.org.au">https://www.novita.org.au</a>	Novita provides child development, rehabilitation and disability services to people living with disabilities, as well as support for their families and carers. They support children and young people throughout their childhood and adolescent years, in Adelaide, regional South Australia and beyond.
<b>ADHD</b>		
ADHD Australia	<a href="https://www.adhdaustralia.org.au/">https://www.adhdaustralia.org.au/</a>	A volunteer run charity supporting adults with ADHD.
<b>Autism Spectrum Disorder (ASD)</b>		
Adults with Autism	<a href="http://www.autismspectrum.org.au">www.autismspectrum.org.au</a>	Australian website that offers a range of support and services across the age range.
How to Transition to Tertiary Education: Helpful Hints for People with Autism Spectrum	<a href="http://www.adcet.edu.au/autism-transition">www.adcet.edu.au/autism-transition</a>	Provides a guide for transition to tertiary education for young people with autism.

Disorder		
<b>Aspergers</b>		
Adults and Children with Asperger's	<a href="http://www.asperger.asn.au">www.asperger.asn.au</a>	Support, information, referral services, and resources.
<b>Down syndrome</b>		
Down syndrome NSW	<a href="http://www.downsyndromensw.org.au/">http://www.downsyndromensw.org.a u/</a>	For families and professionals, resources, parent support, education, and projects.
<b>Cerebral Palsy</b>		
Cerebral Palsy Alliance (CPA) Australia	<a href="https://www.cerebralpalsy.org.au">https://www.cerebralpalsy.org.au</a>	National peak body of organisations that work with people with CP and similar disabilities. Assistance, support, and research.
<b>Cystic Fibrosis</b>		
Cystic Fibrosis	<a href="http://www.cysticfibrosis.org.au">www.cysticfibrosis.org.au</a>	Provides advocacy, support services, and resources.
<b>Allergies</b>		
Australian Society for Immunology and Severe Allergy (ASCIA)	<a href="http://www.allergy.org.au">www.allergy.org.au</a>	Provides checklist on transition for patients with severe allergy.
<b>Diabetes</b>		
Juvenile Diabetes Research Foundation (JDRF)	<a href="http://www.jdrf.org.au/">www.jdrf.org.au/</a>	Website for JD.
Diabetes NSW and ACT	<a href="http://diabetesnsw.com.au/">http://diabetesnsw.com.au/</a>	Website for kids, teens, parents and carers and clinicians.
My D- Diabetes Australia	<a href="http://myd.ndss.com.au/">http://myd.ndss.com.au/</a>	'myD' (my diabetes) is a site that has been developed specifically for people aged 16 to 25 years living with diabetes. The site provides general information on living with diabetes and covers 'everyday' topics like school, work, travel, driving and general health.
Diabetes WA	<a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a>	Diabetes WA is a member-based organisation supporting people with diabetes. In the library tab there is a teen section with a transition page.
The Maestro Project	<a href="http://www.maestroproject.com">www.maestroproject.com</a>	Maestro Project an, innovative community resource and transition service for young adults 16 to 30 years of age with type 1 and type 2 diabetes in Manitoba.
Diabetes UK	<a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>	Diabetes UK is the largest

		organisation in the UK working for people with diabetes.
<b>Epilepsy</b>		
Epilepsy Action Australia	<a href="http://www.epilepsy.org.au">www.epilepsy.org.au</a>	Resources, community education, individual support, and Clinician education.
<b>Cardiac</b>		
Heart Kids	<a href="http://www.heartkids.org.au">www.heartkids.org.au</a>	Support, research and advocacy.
<b>Intellectual/Developmental Disability</b>		
Admission2Discharge (A2D) Together	<a href="http://a2d.healthcare/">http://a2d.healthcare/</a>	The A2D website is a high quality resource with significant capacity to improve the journey for people with an intellectual disability and those who support them, the hospital journey is often complex and stressful. The website contains extensive information for the person, carers, health professionals and disability workers which will assist in the collation of a practical resource folder. This resource is a catalyst for substantial practical changes in the way in which the person, their carers, health and disability professionals interact and exchange information.
Council for Intellectual Disability (CID)	<a href="http://www.nswcid.org.au">www.nswcid.org.au</a>	Council for Intellectual Disability (CID) is a change-movement driven by people with intellectual disability. They advocate for the rights of people with disability, provide information and learning opportunities, they empower individuals and build communities.
The Intellectual Disability Rights Service (IDRS)	<a href="http://www.idrs.org.au">www.idrs.org.au</a>	The Intellectual Disability Rights Service (IDRS) is a specialist legal advocacy service for people with intellectual disability in New South Wales. They work with and for people with intellectual disability to exercise and advance their rights.
Say less, show more	<a href="https://www.aci.health.nsw.gov.au/resources/intellectual-disability/hospitalisation/say-less-">https://www.aci.health.nsw.gov.au/resources/intellectual-disability/hospitalisation/say-less-</a>	Say less, show more is a series of visuals designed for supporting individuals with disabilities, their



	<a href="#">show-more</a>	parents/carers to participate in routine medical procedures i.e. blood tests, physical exams etc.
Association for Children with a disability	<a href="https://www.acd.org.au/">https://www.acd.org.au/</a>	<p>ACD has been established for approximately 40 years and helps support children with disability and their families across Victoria.</p> <p>Their vision is for children with disability and their families to have the same rights and opportunities as other children and families.</p> <p>They are a not-for-profit organisation led by, and for, families of children with disability.</p> <p>ACD supports all families in Victoria with children with disability aged 0 to 18 years old.</p>
Useful Links- for parents and carers if a child with a disability	<a href="https://www.carersnsw.org.au/Assets/Files/USEFUL%20LINKS%202019.pdf">https://www.carersnsw.org.au/Assets/Files/USEFUL%20LINKS%202019.pdf</a>	Link to a directory created by Carers NSW as a resource for parents and carers. Last updated January 2019.
Lifestart	<a href="https://www.lifestart.org.au/">https://www.lifestart.org.au/</a>	<p>Lifestart supports children and young people living with disability or developmental delay, their families and carers.</p> <p>They are a National Disability Insurance Scheme (NDIS) Registered Provider offering flexible, person-centred support to children and young people aged 0-24 years.</p> <p>They support families and carers and help communities to become more inclusive.</p> <p>They are also an Early Childhood Partner, delivering the National Disability Insurance Scheme's Early Childhood Early Intervention (ECEI) approach in five regions in NSW.</p>
<b>Palliative Care</b>		

Care Search	<a href="http://www.caresearch.com.au">www.caresearch.com.au</a>	This website provides information for patients and carers who may benefit from the support of palliative care services. It includes a link to the NSW Paediatric Palliative Care website.
<b>Arthritis and Osteoporosis</b>		
Arthritis and Osteoporosis, Western Australia	<a href="https://www.arthritiswa.org.au/category/research/">https://www.arthritiswa.org.au/category/research/</a>	The report available on this website captures young people's experiences of living with persistent pain, their interactions with health services and their needs and preferences for pain management including digital technologies.
<b>Rheumatology</b>		
The Australian Rheumatology Association (ARA)	<a href="https://rheumatology.org.au/">https://rheumatology.org.au/</a>	The ARA supports and educates members and other practitioners in the musculoskeletal field to enable provision of best possible management for patients. It fosters excellence in the diagnosis and management of musculoskeletal and inflammatory conditions through training, professional development, research and advocacy.
Paediatric Rheumatology Network (PRN)	<a href="http://www.prn.org.au">www.prn.org.au</a>	The PRN website is a collaboration of organisations that includes SCHN, ACI and Arthritis and Osteoporosis NSW.
<b>Spina Bifida</b>		
SBART (Spina Bifida Adult Resource Team)	<a href="http://www.northcott.com.au">www.northcott.com.au</a>	SBART service provides support with clinical consultation, education, and transition support for people aged 18 and over who are living with Spina Bifida.
<b>Tuberous Sclerosis (TS)</b>		
Tuberous Sclerosis (TS)	<a href="https://tsa.org.au/">https://tsa.org.au/</a>	Refer to recommendations for clinical surveillance and management in tuberous sclerosis <a href="https://www.pedneur.com/article/S0887-8994%2813%2900491-8/pdf">https://www.pedneur.com/article/S0887-8994%2813%2900491-8/pdf</a>
<b>Associations</b>		

<p>Australian Association for Adolescent Health (AAAH)</p>	<p><a href="http://www.aaah.org.au">www.aaah.org.au</a></p>	<p>The Association for Adolescent Health (AAAH) is the peak body committed to promoting the health and well-being of young people aged 12-25. The AAAH is a membership organisation, representing individuals and organisations that work directly with young people around health and wellbeing.</p>
<p><b>Multicultural Health</b></p>		
<p>Centre for Multicultural Youth</p>	<p><a href="https://www.cmy.net.au">https://www.cmy.net.au</a></p>	<p>The Centre for Multicultural Youth is a Victorian not-for-profit organisation supporting young people from migrant and refugee backgrounds to build better lives in Australia.</p>
<p>NSW Refugee Health Services- on-line translated appointment reminder tool</p>	<p><a href="https://www.swslhd.health.nsw.gov.au/refugee/appointment/">https://www.swslhd.health.nsw.gov.au/refugee/appointment/</a></p>	<p>NSW Refugee Health Service's on-line Translated Appointment Reminder Translation Tool allows you to translate appointment details into your client's language. Just type in the details, then either print or save the PDF. Your form is generated immediately so you can give it to your client at the time you make the appointment. It can also be emailed.</p>
<p>The NSW Multicultural Health Communication Service's online Appointment Reminder Translation Tool</p>	<p><a href="https://www.mhcs.health.nsw.gov.au/publications/appointment-reminder-translation-tool/create_an_appointment">https://www.mhcs.health.nsw.gov.au/publications/appointment-reminder-translation-tool/create_an_appointment</a></p>	<p>Allows you to translate appointment details into your client's language.</p> <p>Please note: use <b>Google Chrome</b> for best results</p> <p><b>To create:</b>            Select the appointment type (e.g. child health, dental, general health)            Select the language            Select the date and time            Type in relevant details            The translated appointment is automatically created in a pdf document which you can (1) print and give to your client or (2) directly email to your client.</p>
<p><b>Parenting Advice</b></p>		
<p>Raising Children – the</p>	<p><a href="https://raisingchildren.net.au">https://raisingchildren.net.au</a></p>	<p>Includes parenting videos,</p>

Australian Parenting Website		articles and apps backed by Australian experts.
<b>Applications</b>		
<b>Public Hospitals and Car Parking</b>		
NSW Health- Hospital Parking and Directions	Download for free through the app store.	An app designed to help find information and directions to public hospitals across NSW. Includes hospital contact and address details, public transport information, car park pricing and parking concession information.
<b>Mindfulness</b>		
Smiling Minds	<a href="http://www.smilingmind.com.au">www.smilingmind.com.au</a>	Smiling Mind is a modern meditation for young people. It is a unique web and App-based program, designed to help bring balance to young lives.
<b>Transition</b>		
MyTransition App	Download for free through the app store.	<p>The MyTransition App is designed to make the young person feel more ready for transition to their new adult health team.</p> <p>The app includes:</p> <ul style="list-style-type: none"> <li>• 3 sentence summary – a way to summarise their health information.</li> <li>• MyHealth Passport- a wallet sized card that lists their medical history and other important information.</li> <li>• TRANSITION-Q- a quiz that figures ways to help make their transition to adult services smooth as possible.</li> </ul>