



Moving on

Facing change alongside managing a health condition can make life even more stressful for children and young people. Here's how you can support them...

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● Aged 19
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● Aged 19

September is a time of big change for many children and young people, so what can you do? Mostly, it's about being aware that those changes are

happening. Do you know what school year groups your patients have moved into this month? Checking they have what they need to prepare for that move can be a really supportive action to take.

Moving to big school

Moving to secondary school is daunting for everyone, but if you're 11 with a long-term health condition, other factors cause additional worries. Children might be thinking about what to tell new friends about their condition, how they're going to cope with taking medication in a new environment, or what they can and cannot do in terms of taking part in new sports or trying different clubs.

Moving into exams

The transition to exam years is a stressful time for 15- and 17-year-olds. There's fear and anxiety about performing well, and it's an introduction to harder parts of life, such as making compromises and planning in a way that

they haven't had to do before. It's also important to acknowledge the impact of these academic years on next steps (they might be excluded from what they want to do if they don't do well enough). These are all areas that can raise anxiety levels in a young person.

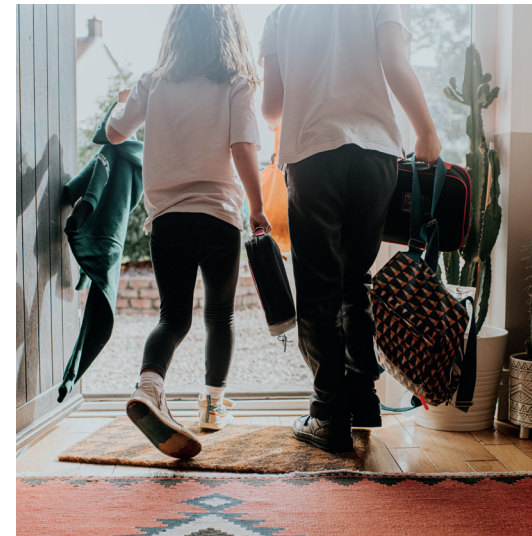
There may also be added stress around the organisation of exams. Do young people have what they require from you to ensure invigilators are aware of their needs (medications or extra allowances) before the exam season starts? Are they maintaining good physical and mental health, and strong relationships with friends? Talk about what's happening to them during this period of change.

Moving away

When young people move to university, it's important to ensure that they have the right support in place before they leave. This will help them cope with the transition to independent living.

It could be worth providing patients with a letter that they can share with their university, detailing their condition. This will help with access arrangements for exams and also for accommodation.

Encourage young people to find out about and register early with



their university GP to ensure that prescriptions are delivered without delay.

The Disabled Students' Allowance (DSA) is a vital support tool that funds items such as mini fridges for storing medication and accessible technology for learning.

September means moving on for many children and young people. Will you take an extra couple of minutes to find out how this is affecting those coming into your waiting rooms, and to provide practical answers and reassurance at this time? 

ABOUT

RCPCH &Us: The Children and Young People's Engagement Team delivers projects and programmes across the UK to support patients, siblings, families and under 25s, and gives them a voice in shaping services, health policy and practice. RCPCH &Us is a network of young voices who work with the College, providing information and advice on children's rights and engagement.

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young people and families

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