



# Useful resources

## Transition to adult health services

As an adolescent beginning the transition process and moving to adult health services there are things you need to know in your steps to becoming independent. The following information will assist you to find the answers to questions you may have.

### Applying for a Medicare card

[www.humanservices.gov.au/individuals/services/medicare/medicare-card](http://www.humanservices.gov.au/individuals/services/medicare/medicare-card)

- Your family's Medicare card covers you until you move out of home.
- You can apply for your own card once you turn 15 years.
- No cost to get a card and it's handy to have your own if you're attending appointments on your own.
- You need to sign in through MyGov to set up and use your Medicare online account.
- Not all costs will be fully covered so you may have to pay out of your own pocket.



### Pharmaceutical Benefits Scheme (PBS)

[www.pbs.gov.au](http://www.pbs.gov.au)

- The PBS subsidises most medicines to make them affordable for people.
- Show your Medicare card to the pharmacist to be eligible.
- If you are taking lots of medications the PBS Safety Net is available to reduce the cost of medications – speak to your pharmacist about keeping a record of your medication costs.

### Health Care Card and Disability Support

[www.humanservices.gov.au/individuals/services/centrelink](http://www.humanservices.gov.au/individuals/services/centrelink)

As an adolescent with a medical condition you may be eligible for:

- Health Care Card - allow you to receive concessions on medications, medical appointments, transport costs and other possible benefits.
- Disability Support Pension – you may be eligible once you turn 16 years.

This website provides information about the eligibility criteria and other supports that might be available to you.

## Getting a driver's licence

[www.transport.wa.gov.au/licensing/my-drivers-licence.asp](http://www.transport.wa.gov.au/licensing/my-drivers-licence.asp)

- Discuss this with your doctor if your medical condition affects you getting your licence.

This website outlines the processes you need to take to get your licence and lists the medical conditions that need to be reported including whether any conditions are applied to your licence.



## General health and wellbeing

Mental health and wellbeing can be as important as looking after your physical health. To build a foundation for a healthier future, it's important for you to have access to resources and support to improve your health literacy and build resilience. Resilience is the ability to 'bounce back' after experiencing stressful events or difficult situations.

### [Support for people living with a chronic condition \(healthywa.wa.gov.au\)](http://healthywa.wa.gov.au)

Lists services and resources available to help people manage a chronic condition and take care of themselves.

### [A Safe Place to Chat Anonymously, Get Support & Feel Better | ReachOut Australia](#)

Provides information, support and resources on multiple topics including mental health issues, family and relationships, independence, alcohol and drugs, and sexuality.

### [headspace National Youth Mental Health Foundation](#)

Provides information about mental health services and assistance in promoting young peoples' wellbeing, for young people, families and friends.

### [Nemours KidsHealth - the Web's most visited site about children's health](#)

Provides doctor approved information and advice on multiple topics including taking care of physical and mental health, sexual health, diet and fitness, and managing specific diseases and conditions.

### [Topics | Youth Law Australia \(yla.org.au\)](http://yla.org.au)

Provides information about laws and rights related to young people. Topics include alcohol, cigarettes, bullying, discrimination, medical advice, privacy, sex, tattoos and voting.

### [Livewire Powered by Starlight: Home](#)

Links you with other young people who are of a similar age and are living with a health condition into a forum where discussions, activities, competitions and games take place.



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Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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