|  |  |  |
| --- | --- | --- |
| **Moving to new services** | |  |
|  |  |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about moving onto new mental health services.  It has information about | **Page** |
|  |  |  |
|  | * Becoming an Adult | **3** |
|  |  |  |
|  | * Growing older | **12** |
|  |  |  |
|  | * Where to get more information | **21** |

|  |  |
| --- | --- |
| **Moving to new services** | |
|  | |
|  | There are times in life when you might need   * To move to a different mental health service * Different types of support |
|  |  |
|  | These times might include   * When you become an adult * When you grow older |
|  |  |
|  | Change can be difficult.  There are ways you and your support network can prepare for moving to a new service. |
|  |  |
|  | **Becoming an adult** |
|  |  |
|  | If you see mental health workers at services for young people you will need to move to adult services around the time you turn 18 years old. |
|  |  |
| Two people sitting at a table with books and papers  Description automatically generated with low confidence | **Mental health workers** are people who work to help you with your mental health. |
|  |  |
|  | Planning for moving to adult services should start from your early teens.  You should be involved in the planning. |
|  |  |
| A picture containing person, sitting, person, seat  Description automatically generated | Someone you trust will likely also help with planning.  There are many people you might trust.  For more information about who you might trust go to <https://www.idmhconnect.health/someone-trust> |
|  |  |
|  | Mental health workers have some responsibilities.  **Responsibilities** are things they need to do. |

|  |  |
| --- | --- |
|  | Your mental health workers from the service for young people should   * Discuss with you the best adult services for you |
|  |  |
|  | * Help you find and get an appointment with the new service |
|  |  |
| A person talking on a cell phone  Description automatically generated with low confidence | * Speak to your new mental health worker if that is OK with you |
|  |  |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | The mental health worker you have now can give any health records to your new service if that is OK with you and your guardian. |
|  |  |
|  | A **guardian** is a person who helps you make decisions about parts of your life when you cannot make decisions by yourself. |
|  |  |
|  | When moving to adult services it can help to |
|  |  |
| A group of people sitting around a table  Description automatically generated | * Have a meeting with the mental health workers you have now and your new mental health workers |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | * Go to your first few appointments at the adult service while you are still in touch with the mental health worker you have now |
|  |  |
|  | * Discuss how your time with the adult service went with the mental health worker you have now |
|  |  |
| Icon  Description automatically generated | **Tips**  To help you prepare for moving to an adult service you could |
|  |  |
| A picture containing text, writing implement, stationary, pen  Description automatically generated | * Start noting down your appointment times with your mental health worker |
|  |  |
| A picture containing text, clock  Description automatically generated | * Organise when you will see your mental health worker |
|  |  |
| A person with his arms crossed  Description automatically generated with medium confidence | If your parent or support worker usually stays with you during appointments you could try to be more independent. |
|  | **Independent** means that you can make your own choices and do some things on your own. |
|  |  |
|  | You could be more independent by communicating with your mental health worker alone for part of the session.  Only do this if you feel comfortable. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A picture containing cellphone, phone  Description automatically generated | **Things people find hard about moving to adult services and what to do** |
|  |  |
|  | Adult services can be hard to find. |
|  |  |
|  | The mental health worker you see now should help you find an adult service that is right for your needs. |
|  |  |
|  | If your current mental health worker cannot find a service you can ask someone you trust if they can suggest anyone. |
|  |  |
|  | You might have to go to a few different adult services to get support.  Mental health workers from adult services might not work together.  This can be a big change. |
|  |  |
|  | If you would like your health and mental health workers to work together more you can discuss this with them. |
|  |  |
|  | For more information about how your health and mental health workers work together go to  <https://www.idmhconnect.health/working-your-team/ER> |
|  |  |
|  | Sometimes people find that their new adult service is not working for them and stop going. |
|  |  |
|  | These people might no longer get the help that they need.  You can do things so this is less likely to happen to you. |
|  |  |
|  | You might keep seeing the mental health worker when you first start seeing your new adult service. |
|  |  |
|  | If you do not think the new adult service will work for you discuss your options with your current mental health worker. |
|  |  |

|  |  |
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|  | **Growing older** |
|  |  |
|  | **Thinking about the future**  Planning for when you get older is important. |
|  |  |
| A person wearing a colorful shirt  Description automatically generated with low confidence | People often think about   * What will happen when they get older * Who will care for them if their parents cannot anymore |
|  |  |
|  | You might think about where you will live. |
|  |  |
|  | You might also think about who will help you with money.  You can discuss whether you want to set up a Power of Attorney. |
|  |  |
|  | A **Power of Attorney** is a legal document that says someone can   * Look after your money * Make legal decisions for you |
|  |  |
|  | For more information go to <https://www.tag.nsw.gov.au/wills/make-power-attorney/what-power-attorney> |
|  |  |
|  | You can also use the Council for Intellectual Disability information guide about how to manage your money.  For more information go to  <https://cid.org.au/resource/manage-your-money/> |
|  | When planning for growing older you might think about who will make choices for you if you cannot make them yourself. |
|  |  |
|  | You might want to think about choosing a guardian.  For more information go to <https://www.tag.nsw.gov.au/public-guardian/easy-read-guardianship> |
|  |  |
| A person holding a paper and looking at another person  Description automatically generated with low confidence | Plan Ahead Days across NSW can provide information on   * Guardians * Power of attorneys |
|  |  |
|  | For more information about Plan Ahead Days go to <https://selfservice.tag.nsw.gov.au/plan-ahead-days> |
|  |  |
|  | You might want to think about advance care planning.  **Advance care planning** means making decisions about the health care you want in the future. |
|  |  |
| A picture containing skiing, outdoor, javelin, person  Description automatically generated | This plan will help if you cannot communicate anymore. |
|  |  |
|  | This can include an Advance Care Directive.  An **Advance Care Directive** lets people know what medical treatment you want if you are very sick or dying.  It is something written. |
|  |  |
|  | **Treatments** are things that can help you feel better.  Treatments can be therapies and medicine. |
|  |  |
| Two people looking at a paper  Description automatically generated with low confidence | **Therapies** are activities your mental health workers use to support your mental health. |
|  |  |
|  | **Medicine** is sometimes called medication or drugs.  Medicine can be in   * A tablet * A pill * A drink * An injection |
|  |  |
|  | For more information about   * Advanced Care Directives go to [https://www.health.nsw.gov.au/ palliativecare/Documents/talking-about-death.PDF](https://www.health.nsw.gov.au/palliativecare/Documents/talking-about-death.PDF) * Making an Advanced Care Directive go to [https://www.health.nsw.gov.au/patients/acp/](https://www.health.nsw.gov.au/patients/acp/Publications/acd-form-info-book.pdf)   [Publications/acd-form-info-book.pdf](https://www.health.nsw.gov.au/patients/acp/Publications/acd-form-info-book.pdf) |
|  |  |
|  | This information is not in Easy Read.  You might want to ask someone to look at it with you. |
|  |  |
| Two people looking at a book  Description automatically generated with low confidence | When planning for the future you might also think about what will happen with your NDIS supports. |
|  |  |
|  | **NDIS** is short for National Disability Insurance Scheme. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | You can discuss this with your NDIS Support Coordinator.  A **support coordinator** is a person who helps plan and organise   * Your care * Other services you get |
|  |  |
|  | If you were an NDIS participant before you turned 65 you might   * Keep getting disability supports under the NDIS * Get supports from the Commonwealth Aged Care System |
|  |  |
| A person in a leather jacket  Description automatically generated with low confidence | The **Commonwealth Aged Care System** is support from the government for older people. |
|  |  |
|  | You might have other questions about your plans for the future.  You can discuss these questions with someone you trust. |
|  |  |
|  | It is good to make a plan. |

|  |  |
| --- | --- |
|  | **Mental health services for older people**  Some services provide care just for older people.  In NSW these are called Older Peoples Mental Health services. |
|  |  |
| A person in a leather jacket  Description automatically generated with low confidence | Older Peoples Mental Health services mostly provide care to people over 65 years old.  People under 65 years can use these services if it suits their needs. |
|  |  |
|  | First Nations peoples 50 years and older can use these services.  **First Nations peoples** are the Aboriginal and Torres Strait Islander peoples. |
|  |  |
|  | Older Peoples Mental Health services provide support for   * Older people in the community |
|  |  |
| A picture containing text, sky, outdoor  Description automatically generated | * Older people who must go to hospital for their mental health |
|  |  |
|  | * Aged care homes and programs |
|  |  |
|  | You can ask your GP or mental health worker for more information about Older Peoples Mental Health services. |
|  |  |
| **Where to get more information** | |
|  | |
| Two people looking at a book  Description automatically generated with low confidence | Below is a list of information sheets and websites to support you to move to new services. |
|  |  |
|  | For more information about   * Managing your Money go to <https://cid.org.au/wp-content/uploads/2020/10/Manage-Your-Money-Easy-Read-Infoguide-CID.pdf> * Power of Attorneys go to   [https://www.tag.nsw.gov.au/wills/](https://www.tag.nsw.gov.au/wills/make-power-attorney/what-power-attorney)[make-power-attorney/what-power-attorney](https://www.tag.nsw.gov.au/wills/make-power-attorney/what-power-attorney)   * Guardianship go to   [https://www.tag.nsw.gov.au/](https://www.tag.nsw.gov.au/public-guardian/easy-read-guardianship)  [public-guardian/easy-read-guardianship](https://www.tag.nsw.gov.au/public-guardian/easy-read-guardianship)  Plan Ahead Days in NSW go to <https://selfservice.tag.nsw.gov.au/plan-ahead-days> |
|  |  |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |

Text

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|  |  |
| --- | --- |
| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read> |
| **A person smiling for the camera  Description automatically generated with medium confidence**A picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the <https://idmhconnect.health/> website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/ professionals\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 27.01.2023 v2  No changes can be made without asking the people who wrote this sheet. |

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