

How do YACDS work?

Each YACDS clinic runs slightly differently. However, all YACDS clinics provide:

- a specialist assessment service
- multidisciplinary input from a clinical team
- treatment and intervention (at varying levels)
- links to appropriate services and specialists.

The YACDS team will help you to develop specific goals that will assist with transition to adult health services and encourage you to become more independent. Individual YACDS staff may help you to achieve these goals and you may also be referred to other therapists or organisations in your community.

Who works in a YACDS clinical team?

The team is slightly different at each YACDS clinic.

YACDS medical and allied health staff may include a:

- doctor
- physiotherapist
- occupational therapist
- speech therapist
- nurse
- orthotist
- psychologist
- social worker
- nutritionist
- exercise physiologist.

Authorised and published by the Victorian Government, 50 Lonsdale St, Melbourne.
Except where otherwise indicated, the images in this publication show models and illustrative settings only, and do not necessarily depict actual services, facilities or recipients of services. © Department of Health. Print managed by Finsbury Green.
May 2013 (1304015)

How do I find out more about a YACDS clinic or assessment?

If you have any questions about these services please speak to a specific YACDS clinic about their service or contact the Royal Children's Hospital Adolescent Transition Program on (03) 9345 4980. Alternatively, visit the website at <www.rch.org.au/transition>.

YACDS locations across Victoria

Bendigo Health
Outpatient Rehabilitation
Anne Caudle Campus
Mercy Street, Bendigo Vic 3550
Phone: (03) 5454 8500

Melbourne Health

Royal Park Campus
34–54 Poplar Road, Parkville Vic 3052
Phone: (03) 8387 2333

St Vincent's Health

St Vincent's Hospital
14 Nicholson Street, Fitzroy Vic 3065
Phone: (03) 9288 4672

Monash Health

Monash Medical Centre
246 Clayton Road, Clayton Vic 3168
Phone: (03) 9594 2270 or (03) 9265 1530

Barwon Health

McKellar Centre
45-95 Ballarat Rd, North Geelong 3215
Phone: (03) 4215 5315

Accessibility

If you would like to receive this publication in an accessible format, phone 9096 1335 using the National Relay Service 13 36 77 if required.

Department of Health

health

Young adults with complex disabilities services

Updated May 2013



What are young adults with complex disabilities services?

Young adults with complex disabilities services (YACDS) are specialist assessment and intervention services for young adults with complex disabilities who are transitioning from child and adolescent health services to adult health services.

What is meant by 'transition'?

Most young people with a chronic condition or disability who are receiving ongoing treatment at a children's hospital will at some stage require transfer to adult health services to continue their medical care as adults. The process that supports this transfer through education, skill development and information transfer is called 'transition'.

What are the aims of YACDS?

YACDS aim to help adolescents and young adults with complex disabilities as they move from child-centred to adult-oriented health services. For young people with a disability and ongoing complex needs, transfer to a YACDS clinic with a multidisciplinary team can help to ensure a smoother transfer process and coordination of ongoing health services.

What's involved in attending a YACDS initial assessment?

A YACDS initial assessment will occur the first time you are in contact with a YACDS clinic at an adult health service. The assessment may include consultations with medical and allied health staff. These consultations may take place over the phone, at your home, or at a YACDS clinic. Where appropriate, you may also be referred to other specialists for further assessment.

What do I need to bring to an initial assessment?

Please bring any medical information including:

- reports and test results,
- medication list and
- doctor/therapist details.

It may be helpful to write down a list of questions you have about moving to adult services and bring this list to your appointment. You may also like to bring a friend or family member for support.

