



Information sheet

Nearly Time to Move onto Teen Respite?

If your child is nearing 12 and you are still interested in receiving out-of-home respite services from Disability ACT, its probably time to start thinking about moving on to the Teen respite.

What's Good At Teen?

On the weekends at Teen we enjoy participating in, and going out to watch, sporting events. We also like to have BBQs and visit local youth centres. At Teen we will foster on supporting your teenager to develop their life skills, build their independence and experience choice in a safe and consistent way.

How Do We make the Change Positive?

People deal with changes in different ways. You and your child know best how they will respond to moving on to Teen and know best how we can help to make that change as positive as possible.

We will work with you.

Here are some of the things we have arranged for other children and young teenagers moving on to teen:

- *Visiting on a weekend while staying at Kese*
- *Coming over for lunch, afternoon tea or dinner*
- *Visiting with a friend or a family member*
- *Joining in on an outing.*
- *Having a Kese staff member come over on the first night stay*
- *Come to a BBQ*
- *Spend a Saturday*





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How does the transition happen?

- We understand your child might be nervous about spending time in a new environment after several years at Kese, so we want to work with you to develop a plan that meets your child's needs.
- Some parents also get a bit anxious at this time so we want to ensure you are comfortable with the service we will offer your child as they move into their teenage years.
- With your permission we will work with the other significant people in your young person's life to support their learning and development in a consistent and safe way.
- We will arrange a visit with you at home to work out a transition plan that suits your circumstances.
- We will contact you after each visit to get your feedback about our service and what we can do to improve your young person's time with us.

If you have any questions or concerns you can speak to any of the team leaders at Teen or Kese. The Respite Coordinator or Planning and Partnerships Coordinator are also available for feedback and discussion.

You can contact us on 6207 1086.

