

Useful resources for transition

Turning 18 means you will have more choices and decisions to make. Everyone is unique and will require a different amount of support. The following information will assist you to find the answers to questions you may have.



Applying for a Medicare card

www.servicesaustralia.gov.au/medicare

- Your family's Medicare card covers you until you move out of home, but you can apply for your own 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, or you can choose to buy private health insurance to give yourself more choice



Pharmaceutical Benefits Scheme (PBS)

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.servicesaustralia.gov.au/living-with-disability

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

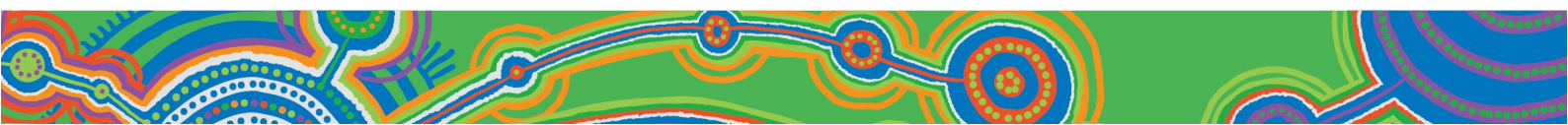


Getting a Driver's Licence

www.transport.wa.gov.au/licensing/my-drivers-licence.asp

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

- Discuss this with your doctor if your medical condition affects you getting 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 to improve your health literacy and build resilience. Resilience is the ability to 'bounce back' after experiencing stressful events or difficult situations. Maintaining good health is important so you can do the things in life that you want to do. There are various organisations that provide free and confidential advice and support if you are experiencing any symptoms:



Support for people living with a chronic condition

www.healthywa.wa.gov.au/Articles/U_Z/Where-to-get-help-for-a-chronic-condition

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



ReachOut Australia - a safe place to chat anonymously, get support and feel better au.reachout.com

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

headspace.org.au

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

kidshealth.org

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.



Youth Law Australia

yla.org.au/wa/topics

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

<https://www.livewire.org.au/>

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.



Government of Western Australia
Child and Adolescent Health Service



Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: CAHS Transition to Adult Services

Ref: 1090b © CAHS Sep 2026

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

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

© State of Western Australia, Child and Adolescent Health Service.

