



# Addressing the Needs of Young People in Adult Renal Services

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# Introduction

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- National Background
- Regional Background
- Project Methods
- Support service Update
- Review of areas of work covered
- Case Studies



# National Background

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- Young adults who either transition into or enter directly into adult services face a variety of challenges
- Vulnerable group for poor treatment outcomes
- Very few specialist services for young adults
- NHS Kidney Care project set up which funded 5 areas to deliver services for this group



# Regional Background

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- Project runs in 2 adult units
- 80 young adults aged 18-25 are part of the project
- Around two-thirds of these transferred from local paediatric centre
- Local issues:
  - High Clinic non-attendance Rates
  - High levels of hospital admissions



# Project Methods

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- 2 members of staff from different professional backgrounds employed to bring fresh ideas and new perspectives
- One to one support service established to address individual needs of young adults
- Group work programme developed to give young adults the opportunity to develop peer support networks



# Project Philosophy

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Supporting Young Adults to cope with the challenges they face due to kidney disease

Empowering Young Adults to overcome and manage the challenges they face due to kidney disease

Enabling Young Adults to access opportunities to reach their potential

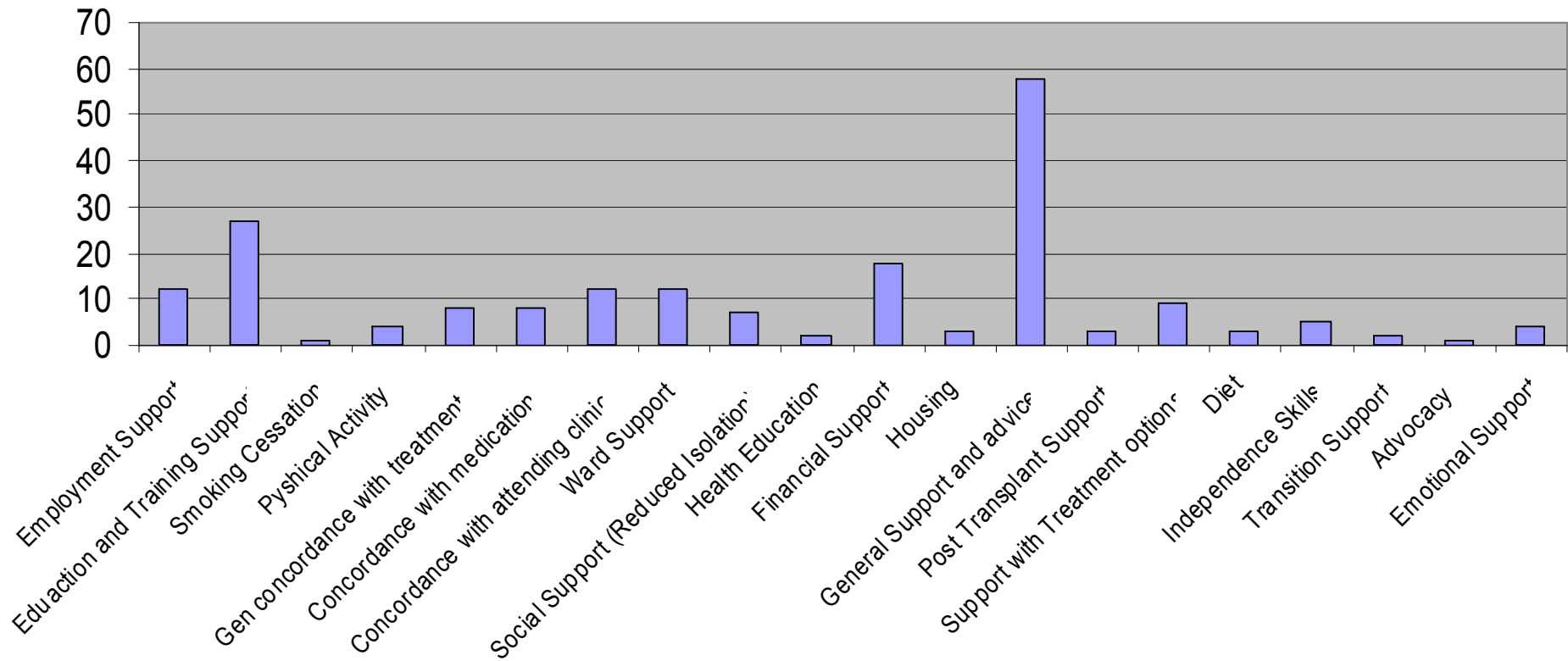


# Support Service Statistics

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- 33 young adults have accessed support from the one-to-one service – approximately 25 seen each month
- Approx 65 hours of one-to-one support offered each month
- 18 additional young adults have had contact with the project

## Areas of work covered







# Group Work

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- Young Adults forum
- National Residential
- Alton Towers
- Mentoring and Befriending Project
- Support groups



# Case Study 1

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- 21 year old
- Transferred from paediatric services
- Reason for referral: Lack of engagement with hospital (72% clinic non-attendance rate) & found to have chronic rejection
- Initial support to attend hospital through reminders and transferring to local hospital to improve accessibility
- When attended hospital – preparation made for dialysis
- Weekly one to one support sessions set up
- Since then variety of support offered including housing, emotional support, health education, benefits, medication, peer support, link between hospital and patient, education and employment



# Case Study 2

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- 25 year old
- Direct entrant to adult renal care
- 23% clinic non-attendance rate / high number of hospital admissions linked to treatment non-concordance
- Reason for referral: Non-concordance with treatment, struggling to take responsibility for managing his condition
- Initial support offered: reminders for clinic, regular catch-ups
- Support offered: emotional support, practical reminders, advocacy, medication, 'sounding board'
- Currently back doing his apprenticeship, 100% clinic attendance this year, 0 admissions so far this year, looking soon to be re-activated on Transplant list, improved confidence, looking to be involved in group activities, improved responsibility of his health



# Conclusion

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- Very diverse group of young adults
- Wide variety of issues and challenges faced by this group
- Support service has proved very effective in helping young adults by building on support in paediatric services
- New approach from youth worker offered different perspective
- Importance of peer support, being responsive to young adults needs, and building relationships with young adults
- Very positive feedback from young adults who have accessed services



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