

Adolescent and Young Adult Day Program



What is the Adolescent and Young Adult Day Program?

Gold Coast Health's Adolescent and Young Adult Day Program is designed especially for young people aged between 14 and 18 years as an alternative to being an inpatient in the Children's ward at the Gold Coast University Hospital (GCUH). The program provides eligible young people with treatment for eating disorders, functional neurological disorders, and chronic health conditions.

Our team

The program provides a team of doctors, nurses, psychologists, social workers, and dietitians as well as the services of physiotherapists and occupational therapists.

What to expect

- There are no additional costs to attend the program if you have a Medicare card.
- The program operates daily from Monday to Friday. Arrival time is at 8.45am and pick up time is between 3.30pm and 4:00pm.
- Eligible young people will receive therapy and education about their health condition as they would in hospital. At times this involves parents/carers/support people in attendance.
- Our team will provide parents/carers and support people with the education they require to care for young people when they are at home overnight.
- Group education relating to health conditions and other healthcare and wellbeing topics are part of the program.

- Time is allocated to schoolwork, during the school term for young people enrolled in a Queensland Education school program.
- An example of a typical day might include:
 - 8.45am Welcome
 - 9.00am Medical review
 - 9.30am Therapy e.g., Physio/psychology
 - 10.00am Morning tea
 - 10.30 am Schoolroom
 - 12.15pm Lunch
 - 13.00pm Relaxation
 - 13.30pm Health education/ group activities
 - 14.45 Afternoon tea
 - 16.00 Home
- The team respects consumer rights to privacy and confidentiality. Please be reassured that anything discussed with our team will remain confidential unless it relates to your safety.

What to bring

- Leave all valuables at home.
- Morning tea, lunch and afternoon tea are provided. You may bring a small amount of cash if you wish to buy food from the food court.
- Wear loose, comfortable clothing and footwear. We recommend that you bring a jumper as the air conditioning can get cold.
- Bring a water bottle
- Bring sunscreen and a hat in case you wish to go outside
- Bring any activities for down time
- Please do not bring any illicit substances, tobacco, or alcohol.

For further information, please contact:

Gold Coast University Hospital

A: 1 Hospital Blvd., Southport Q 4215

T: 1300744284

Ask for your call to be transferred to the Adolescent and Young Adult Service.

Where are we?

Come to the reception desk at the Children's Inpatient unit on the morning of your admission; and ask to be directed to the Adolescent Day Program room.

Parking:

Please discuss this with the day program staff prior to your admission date.

Testimonials from former program participants:

"I found the day program enjoyable; the environment was nice, I felt safe and was able to talk about my problems with the staff."

"The day program is good because I get to go home at night and be part of the family yet still get the hospital care I need during the day. The day program helped me learn how to manage my feeds at home. I like that I can have the independence of nourishing my own body in my own home."