



St Oswald's
Hospice

Outpatient Clinic
for young adults
Patient Information

Quality time for everyone

St Oswald' Hospice Outpatient Clinic for Young Adults

A service for young adults who have grown up with and are living with complex needs.

This service is for you if...

- You're aged 16-35.
- You have grown up with a serious or complex health condition.
- You (or someone in your family) want advice, support or just time to talk about your health and care needs.

What we do

St Oswald's Hospice is a welcoming place that will take time to understand you as a person, and offer support to those who are close to you. Our staff have expertise caring for people of all ages with complex health conditions.

The outpatient service for young adults will:

- Work with you to find the areas where your needs are not being met, or you need extra help to achieve your goals.
- Help you to make plans for when you are unwell so that emergency teams can confidently give you the care that you need and want.
- Make sure that we work together with the other health care teams caring for you so that your care is coordinated, whether you are at home or in hospital.
- Support you and your family if your condition changes or you become more unwell.

What to expect

Review meetings will normally be held at our main hospice site in Gosforth, or online through video calls. We can also sometimes arrange to see you at home or another place if that is more convenient.

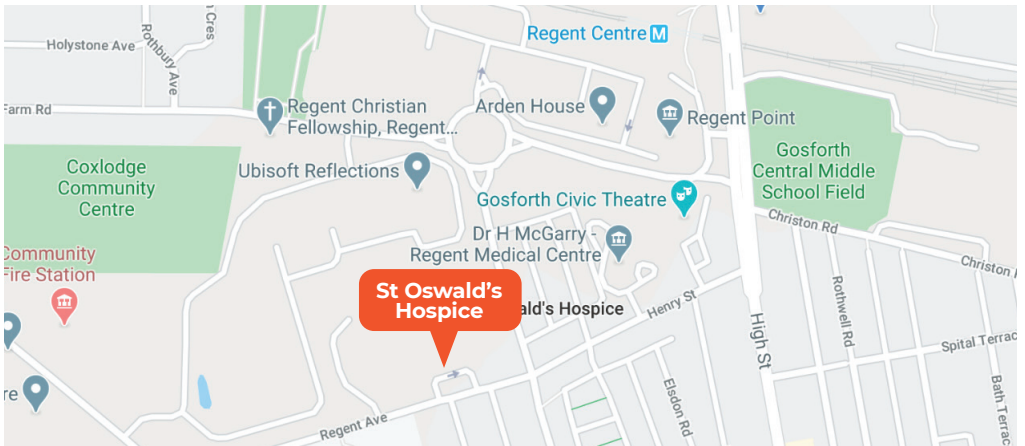
Dr Jo Elverson leads the clinic. She is a palliative care consultant with a special interest in supporting young adults with neurodisability and other complex needs. Dr Jo may sometimes see you with another healthcare professional (social worker, physio, trainee doctor, nurse). She will always introduce them to you and make sure you are happy for them to be there.

After your review, we will write to your GP and any other specialist teams who are involved in your care about the things we have discussed. We might also refer you to another team or send you information about other services that can help you.

How to find us

St Oswald's Hospice, Regent Avenue, Gosforth, NE3 1EE

The service is located at St Oswald's Hospice's main site in Gosforth. Please ask to be directed to our Focus on Living Centre on arrival to Main Reception (signposted Adult Inpatient Unit and Focus on Living Centre)



Referrals and how to get in touch

If you have any questions about the clinic please call us on **0191 285 0063** and ask for Heather Rae or email **enquiries@stoswaldsuk.org**, referencing the young adult outpatient service in the subject line . We will try to get back to you to answer your questions as soon as we can.

If you are a young person or carer and feel this clinic might be for you, we would be happy to speak to you, but we will need you to ask one of your healthcare professionals to make a referral into the clinic. We have more information on our website at **www.stoswaldsuk.org/young-adults-outpatient-service** including ways that your doctor can refer you to this service.

This leaflet is available in a range of formats.
Please ask a member of our team if you require
a different format. **Thank you**

We are a registered charity and rely on voluntary donations
and legacies to enable us to care for patients and families.



**St Oswald's
Hospice**

0191 285 0063 | enquiries@stoswaldsuk.org
www.stoswaldsuk.org

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