



St Oswald's  
Hospice

# Outpatient Clinic for young adults

**Information for  
Professionals**

Quality time for everyone

# St Oswald' Hospice Outpatient Clinic for Young Adults

This service is for young people aged 16-35+ who have grown up with and are living with serious or complex health conditions.

The clinic offers advice and support to patients and their carers, working closely with the other health and care teams around the patient to ensure continuity of care and address unmet needs.

## **Background**

St Oswald's outpatient service for young adults was first set up in 2018 as a pilot transition clinic for young people with neurodisability. The pilot identified unmet needs and gaps in service that extended beyond transition, and so the remit of the young adult clinic was extended.

## **What we do**

- Holistic assessment to identify and address unmet needs and facilitate patient-centred goal-setting.
- Emergency care planning to ensure appropriate response to health crises.
- Coordination of care across different settings alongside GP and specialist teams.
- Time for family carers to share their concerns.
- Support for patient and family when health is deteriorating or end of life care is needed.
- Advice and teaching for health professionals.

## About the service

Clinic reviews will normally be held at St Oswald's Hospice or through remote consultations. Visits at home or another location can also be arranged, and we are always happy to attend joint consultations with other healthcare professionals.

Dr Jo Elverson leads the clinic. She is a palliative care consultant with special interests in transition, neurodisability and learning disability. The St Oswald's multidisciplinary team support the clinic and are happy to review patients or give advice as needed.

We aim to work closely with other health care professionals to maintain continuity of care. In addition to in writing, if there are complex problems, we may wish to speak directly or arrange a meeting of the professionals supporting the patient.

We always welcome feedback or queries about our service, please see contact details below for further information.

## Contact and referrals

For referrals or enquiries please write to:

Dr J Elverson (Young adult clinic)  
St Oswald's Hospice  
Regent Avenue,  
Gosforth  
NE3 1EE

**[Joanna.elverson@nhs.net](mailto:Joanna.elverson@nhs.net)**

**0191 2850063** (ask for Ms Heather Rae, PA to Dr Elverson)

If possible please include a copy of a recent medical summary and a list of key professionals who are involved in a patient's care.

We are happy to consider referrals from anywhere in the North East region, however if we can identify a more local team who are able to offer the same support, we will discuss the referral with them.

We will post updates on training opportunities and other useful information on our website at **[www.stoswaldsuk.org/young-adults-outpatient-service](http://www.stoswaldsuk.org/young-adults-outpatient-service)**

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

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



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Hospice**

**0191 285 0063 | [enquiries@stoswaldsuk.org](mailto:enquiries@stoswaldsuk.org)  
[www.stoswaldsuk.org](http://www.stoswaldsuk.org)**

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