

Arthritis Queensland, in conjunction with Queensland Rheumatology Services, will be running the Juvenile Arthritis Transition (JAT) Program starting on

**Tuesday, 27th March 2018.**

The Program consists of six once-weekly 2 hour sessions and aims to prepare adolescents and young adults with arthritis for the transition to independence in managing their own health.

**VENUE:**  
**ARTHUR HOUSE**  
**47 ARTHUR**  
**TERRACE**  
**RED HILL, Q.**

**ENROLMENTS**  
**CLOSE:**  
**TUESDAY**  
**20 MARCH**

**TIME:**  
**5:30 - 7:30PM**

The JAT Program aims to prepare young people living with JA for the transition between paediatric and adult health services. The Program consists of interactive workshops which cover a range of topics aimed at increasing the confidence of young people in managing their own healthcare.

Topics include:

#### **Module 1**

- Explaining transition and course overview – parents welcome (for this section only)
  - Knowing your condition
  - Assembling your healthcare team

#### **Module 2**

- Communicating with your healthcare team
  - Navigating the healthcare system

#### **Module 3**

- Healthy eating and Juvenile Arthritis
- Physical activity and Juvenile Arthritis

#### **Module 4**

- Explaining Pain
- Managing Pain

#### **Module 5**

- Emotional health and Juvenile Arthritis
  - Risk taking and Juvenile Arthritis
- Intimacy, healthy relationships and Juvenile Arthritis

#### **Module 6**

- Goal setting and action planning
- Becoming more independent in your healthcare

For more information on the JAT Program, please contact Arthritis Queensland on 1800 011 041 or via email at [info@arthritis.org.au](mailto:info@arthritis.org.au), or speak to your paediatric rheumatologist.