Walking in their shoes

Using development to understand what young people need from health care
Why focus on DEVELOPMENT?
Developmental Reminder
It’s all about CHANGE
Feels like a Rollercoaster ride
Repack their life
BACKPACK

Respond to change
Life Backpack

WE fill it up with good things they need for life.
Life Backpack

THEY unpack, explore and reorganize it
Reorganizing is done in STAGES.
Late Elementary & Middle School

Early Adolescence
Everything is NEW!
(now what should I do?)
Middle Adolescence
High School
Testing
Try it out
Refining
Take to deeper level
Late Adolescence
Post High School
Young Adulthood
Late Adolescence
Everything changes (again!)

Nothing is normal
Feeling in-between
How do I manage all this change?
Developmental Tasks

things i need to do...

- Figure out this body
- Figure out my sexuality
- Learn to think a new way
- Decide who I am
- Make sense of my values
- Take friends to new level
- Re-Negotiate w/ parents
- Find my “spark” and role
Lots going on UNDERNEATH the surface
REMINDER to ADULTS:

Fired as your teen’s
MANAGER

Hired as your teen’s
CONSULTANT & GUIDE
What do they need from adults?
- Be sticky
- Listen!
- Help figuring things out
- Opportunity to experiment
- Support to take charge
What does this mean for HEALTH CARE?
TRADITIONAL health care
How would young people describe traditional health care?

- Looks like?
- Functions?
- Most important?
- Feels like?
- Communication happens?
- Importance of relationships?
Youth-Centered Care

Health care + Development
Health experts - meet youth experts

Youth-centered health care
Youth-Centered Care

1. Accessible
2. Attitudes, skills, interaction
3. Guideline-driven care
4. Confidentiality
5. Communication
6. Welcoming environment
7. Youth involved in care