

WCHN YAG: Our views on healthy, wellbeing, citizenship and safety.

BACKGROUND

The principal consultant Child Development Council invited our consumers from our Youth Advisory Group and consumers from our hospital to comment on a number of definitions for an upcoming strategy. The consultation took place on Thursday 16 May 2018 and follow up consultation occurred between Friday 17 – Wednesday 29 May with consumers from the Women's and Children's Hospital. 12 members of the YAG attended the face to face session and 18 consumers including 2 who identified as Aboriginal Background and 1 requiring a DINKA translation provided feedback through the Kids Klub and Basecamp tools. The youngest participant was 7 years of age and the oldest was 21 years of age.

OBJECTIVE

1. To define the terms healthy, citizenship and safety from a WCHN YAG perspective.
2. To support the South Australian community to make policy, procedure and process changes informed by the view of children and young people who access the Women's and Children's Health Network services.

International Association of Public Participation Continuum

Inform	Consult	Involve	Collaborate	Control
Yes			Yes	

Interface with National Safety and Quality Health Standards

Partnering with Consumers Standard

Action 2.1-2.2. The health service organisation effectively engages with consumers, patients, carers and families to:

- Strengthen WCHN consumer engagement culture
- Improve safety and quality systems
- Inform planning, design and redesign of services
- Actively share decisions

Action 2.11 The health service organisation effectively engages with consumer systems of governance.

Discussion

The following was an overall definition of each four criterion, followed by raw narrative quotes gathered via the Kids Klub and Basecamp.

HEALTHY

Healthy means to the WCHN YAG having a physical, mental and emotional state where children and young people are not experiencing grief, pain or any more trauma. It is acknowledging that children and young people can experience different physical and mental health at different moments of time. It is acknowledging that our bodies are doing lots of growing at this time and goes through many changes. Healthy is being comfortable with you are.

What is Healthy?

- Healthy means being really happy and when you are happy you are feeling good about being you.
- Healthy means being strong all over.
- Healthy is when you are not in pain or discomfort, and feel energetic to do anything and everything.
- Healthy is to be happy in your mind and body. Good food, immunization and exercise helps us to have a good physical health. Mental health need love, care and empathy.
- Eating all of my veggies and fruits, even strawberries with seeds and broccoli tops.
- That I do not have nightmares about coming into surgery.
- That I am spending more days outside of hospital than inside of hospital.

What helps you to be healthy?

- Eating the right foods and drinking milk.
- Having lots of information about what you can do when you are sick or information to not get sick.

What is the role of the hospital?

- The hospital is a good place to go when you are ill and you can get fixed.
- The hospital should not only be for children who are ill but should be stopping children coming in to the hospital so they are not missing out on school.

For more information

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- To have empathy and acknowledge that kids/youth are being taken care of! Staff being friendly, respectful and smart about healthcare.
- To help us TUNE into our needs.
- To promote how to stay out of hospital and not just treat us whilst we are in hospital.
- To be caring and kind
- To reach out to our school like they did in the school program and tell us how to stay safe and not get injured like being burnt and wearing a helmet when we ride our bikes.
- To tell children and young people in a way that they understand how to be strong and grow strong.

What do you need to have right now to have a good life?

- Lots of friends and love from Mum and Dad
- I feel that I have a good life because I have a warm house, I can walk to school and not feel scared. There are some children who live overseas that don't get to go to school and kids in Australia who don't have a home.
- I believe all children need love, support and less pressure to be successful in life. Better education on healthy living. Avoiding root causes that drives our health to be bad. How do we take care of ourselves physically and mentally?
- Free medicine.
- No more painful stays in the hospital.
- Having more equipment that is in hospital at my home and school so I don't have to be stuck in a ward.

SAFETY

Safety means to the WCHN YAG the overall feeling of being secure and shielded from toxic people, places, spaces, words and phrases. Safety is about how lots of adults doing the right thing to make sure that when we are accessing spaces like the Hospital or a Counselling room that children and young people can speak up, share their thoughts, be a dirt free space and every adult is looking out for them.

What does safety mean to you?

- Not going into dark places
- Feeling OK and good. Not feeling scared of being bullied and having safe spaces that you can go to. Mum and Dad feeling safe makes me feel safe.

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- Safety is when a child/youth feel that they are free to be themselves without feeling anxious or scared. Environmental and social factors may challenge this.
- Not having a dirty hospital.
- Not getting hurt from falling off my bike or yelled out by mum and dad for not eating my veggies.
- Having lots of adults look out for us like the teachers do at the school who have out of bounds areas when it is wet so we can play on the safe swings.
- Being aware of danger.

CITIZENSHIP

The WCHN YAG feel that citizenship is about having a voice and being included and not discriminated against decision making because of age or ability. Citizenship means being actively involved in the decisions that happen about us and adults valuing that nothing about children and young people without children and young people.

How do adults support you have a say?

- By TUNING into our needs. This means treating us an individual, understanding that our health or illness is not just our only concern, nourishing our need to be heard and equally sharing decisions made with us.
- It means being able to speak up and have adults listen to what we have to say.
- Being able to make and break the rules
- Being honest and caring towards everyone.
- Giving back to the hospital who has made us feel better.

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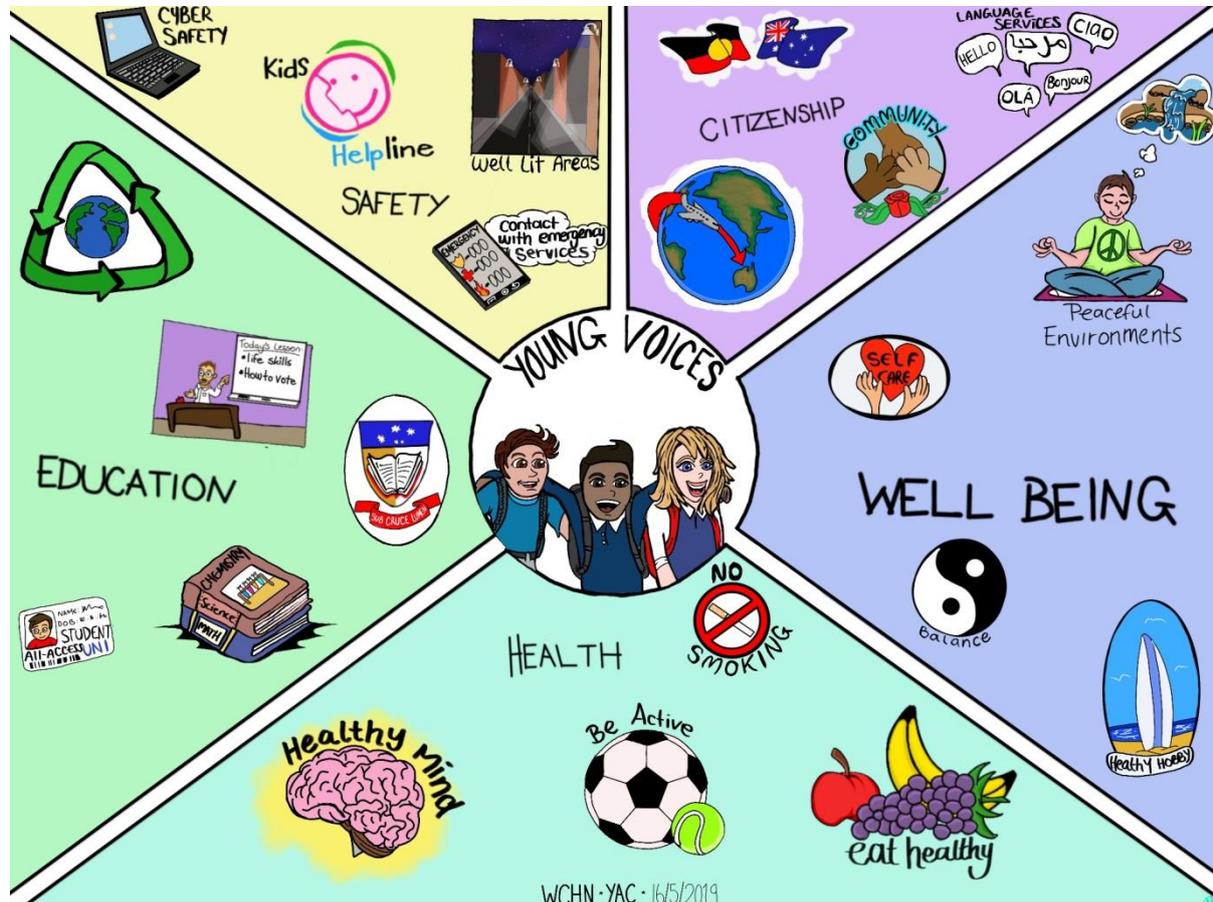
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Women's
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Our Infographic

Based on our feedback our voices were captured in an infographic:



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