

TRACE STUDY

Transition to
Adulthood with
Cyber guide
Evaluation



Greetings from the TRACE Study team at McMaster! Thanks for agreeing to be in the study and for trying out the resources we have to offer. **We hope that you are finding it useful to chat online with TRACE the Cyber guide and that the Youth Kit © binder is coming in handy to organize information and plan for the future.**

YOU'RE INVITED! It's time to start organizing this year's **FOCUS GROUPS** for the study. A focus group is where we get together a group of people in person to talk about their perceptions, opinions, beliefs and attitudes towards a particular topic – in this case about your transition experience. All of the people participating in the focus group are transitioning to adult care too. It is an interactive group setting where people are invited to share their thoughts and ideas with other group members. You can decide how much information you want to share with the group. Barb will send out the details by email so you can sign up for the date that works best for you and we'll go from there. We'll order the pizza and pay for your parking costs!

WHO IS PARTICIPATING IN THE STUDY?

As you may remember, our goal is to find 30 people who are about to transition from one of the participating pediatric clinics at McMaster or Chedoke, and who are being referred to an adult physician. **We now have 23 people who have agreed to participate in the study- 17 have had their 1st study visit and 4 have had the 2nd visit.** We will be continuing to invite new people to participate until June.

A CHANCE TO GET TO KNOW OTHERS IN THE TRACE STUDY

TRACE will be sending participants an email inviting them to reply with a short description of themselves. TRACE will then forward the email to all participants (without using your email address) so that TRACE participants can get to know each other before the focus group.

TRACE commented that it has been interesting getting to know the participants through email and chat. "I feel like each person has taught me something or made me think about something in a different way. The participants have such a wide variety of interests, talents, goals and things they want to talk about. Sometimes they want to talk about their medical conditions (for example problems related to their kidneys, cholesterol levels, bowel function etc) or physical disabilities. And sometimes they talk about regular teen stuff – school, relationships, getting a job, dealing with stress etc. "

GROUP CHATS WITH TRACE

TRACE has sent out a few emails asking if there is an interest in getting together for a group chat but there hasn't been a lot of interest so far. Email TRACE at trace@mcmaster.ca if you have an idea for a chat topic and preferred time.

UPCOMING VISITS WITH BARB

Just a reminder that we will **keep in touch with you once you are referred** to an adult physician so that we can meet up with you for the last few study visits. Barb may call to check in about appointment times. We are really interested to keep in touch to hear more about how everything is going.

CERTIFICATES FOR VOLUNTEER HOURS ARE READY!

We are offering a certificate for 2 volunteer hours after completion of the 1st study visit and another certificate for 10 volunteer hours after completing the 2nd study visit. Send Barb an email (galuppi@mcmaster.ca) if you need to have your certificate as soon as possible in order to have it count toward your volunteer hours for school. Otherwise we will mail out certificates in May for visits already completed.

We hope you are enjoying being in the study. Please let Barb know if you have any questions at all, or if you would like a refresher on how to login to www.abilityonline.org to access the chat window. We are here to help!