## Simple steps to improve care for adolescents and young adults (AYA) with cancer

### Throughout the cancer pathway
Assess needs and support optimal care management

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Assess the need for age-appropriate support services</strong></td>
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<tr>
<td><strong>Refer to a Youth Cancer Service</strong></td>
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<td><strong>Ensure care is overseen by a multidisciplinary cancer care team:</strong> canrefer.org.au</td>
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<td><strong>Ensure care is received as close to home as possible, where applicable</strong></td>
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<tr>
<td><strong>Assess eligibility for clinical trials</strong></td>
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#### Diagnosis and initial assessment
**Cancer**
- Engage with GPs and other appropriate primary care providers
- Arrange timely referral to tumour-specific multidisciplinary cancer care team

**Support**
- Refer to a Youth Cancer Service
- Refer for psychosocial assessment
- Refer for fertility preservation and assess sexual health needs
- Assess education and vocation needs
- Assess eligibility for clinical trials
- Refer to community and hospital support services

#### Treatment
- Continue MDT management by specialised treatment team, with care as close to home as possible
- Continue to engage with primary care providers
- Continue assessment of psychosocial needs
- Continue to consider referrals to community and hospital support services
- Continue to support education and vocation needs

#### Survivorship
- Continue to consider referrals to community and hospital support services
- Continue to engage with primary care providers
- Continue assessment of psychosocial needs
- Reassess oncofertility and sexual health needs
- Continue to support education and vocation needs
- Prepare for transition to adult care
- Monitoring for recurrence of new primaries, treatment-related toxicities and metabolic risks

#### Palliative care
- Refer to palliative care services, where appropriate
- Provide symptom support
- Develop end-of-life plan with patient and their family
- Refer to bereavement services for the patient and their family
- Assess the need for community support services and refer where appropriate

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**Referral to a Youth Cancer Service can be made at any time:**

- Sydney
- Western Sydney
- Royal Prince Alfred
- Hunter and Northern NSW
- Canberra

More detail can be found in the *Adolescents and young adults (AYA) with cancer: Model of care - User guide*