

Young Adults

Living with a Neurological Condition

We spoke with 47 young adults between the ages of 17 and 26 who live with a neurological condition.

47% said living with a neurological condition impacts them quite a bit or extremely .

28% rate their health as poor to fair.

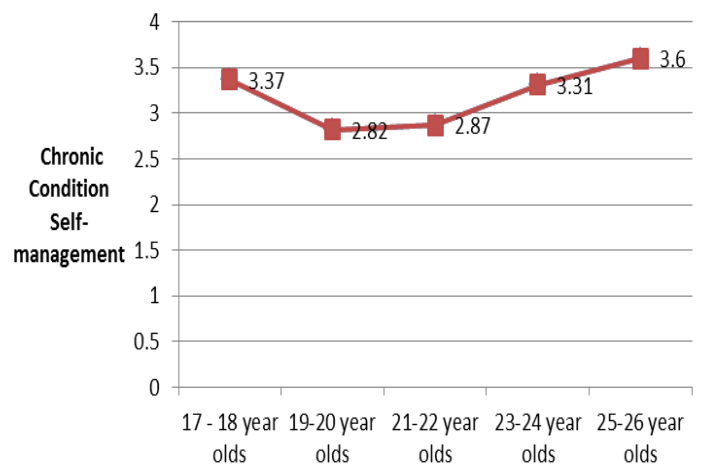
33% rate their mental health as poor to fair.



Young adults tell us they are still preparing to be active in managing their health

Young adults talk the talk but don't walk the walk....self advocacy abilities and knowledge remains constant over time but self-management drops sharply around age 19 and takes years to return.

TRAQ Scores - Young Adults (n=47)



This is a time of great change. Young adults are starting post-secondary school, transitioning from the pediatric health care system to the adult system, and living on their own.

This is a pivotal time for young adults and successful transitions require preparation and practice.

Brought to you by The LINC Project.

The LINC Project seeks to learn about the effect of a neurological condition on people's health, the resources and supports they use, and their participation in everyday life. For details, visit www.ccmrg.ca/linc

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