

# Our Lived Experience of Transitions



by the Irish 22q Young Experts by Experience (**22q YEEP!**) –  
Roisin, Sarah, Aine, Amy, Niamh & Ciara

# Emma

## My advice for young people with 22q going through change

- Talk to someone if you're struggling with dealing with change
- Don't keep it all in your head – it will stress you out!
- We all deal with things differently- some better than others – find your own way of coping....
- **What I liked about 22q YEEP!**
  - I have become more independent
  - I understand that we are all very different but we all have the same syndrome



# Niamh

## My advice for young people with 22q going through change

- Change is good and normal.....For example, you're not going to stay in school for the rest of your life – you're going to move on!
- Experience helps you move on...When you hit your 20s you understand more
- Talking to family (mum) and friends helps
- Talking to my boyfriend helps (unfortunately he can't be here today)
- **What I liked about 22q YEEP!**
  - It's hard to learn – but the YEEP can help you learn from older people with 22q
  - Before I used to hate 22q, but now I understand it and I'm ok with it because of YEEP





# Aíne

## What I liked about 22q YEEP!

1. I learned to be true to myself and to love myself a lot more
2. When I'm with the YEEP – I feel safe & it's a nice feeling to have
3. We are all really good role models for the younger generation
4. We learned to fight for ourselves
5. The YEEP helped me to be strong
6. We all learned to make our voices powerful
7. Because of YEEP- I can stand up for myself a lot more
8. We are true believers – you can do anything you can set your mind to
9. I'm feel way more confident



# Sarah

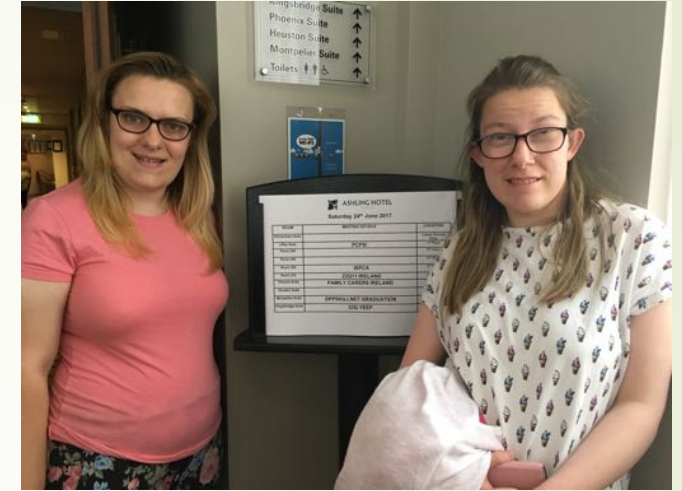
## My advice for young people with 22q going through change

- I have learned we all have 22q – we're also different in so many ways
- Don't think you are ever on your own – we're all on this roller coaster together
- You can't blame 22q for everything – there's some things that everybody goes through
- **What I liked about 22q YEEP!**
  - I enjoyed meeting up with girls – even if we annoyed each other sometimes, we're still good friends
  - The older ones helped the youngest members learn more about how to manage their life
  - I feel more confident in myself



# Ciara

- **What I liked about 22q YEEP!**
  - I like it – helps me to learn things more
  - Chatting and dinners with YEEP group
  - I liked my bit in the video
  - I liked the artwork
  - I liked the food – esp chips lasagne and garlic bread and ice cream





# Amy

## My advice for young people with 22q going through change

- If you're changing from college to job – get support. For example, go to a job agency like Employability
- Talk to people doing the job you want or in the place you want to work
- Get emotional support or therapy (e.g. CBT)
- **What I liked about 22q YEEP!**
  - Talking with girls – they understand if I have problems
  - I liked the meals and social parts
  - I'm more confident



# Roisin

## My advice for young people with 22q going through change

- Just be yourself
- Always talk about your problems – never hold back
- Remember you're not alone – we're all here for each other as a group and as a support network
- Set goals – no matter how big or small
- Never give up (this really is most important)
- **What I liked about 22q YEEP!**
  - I was only diagnosed last October (2016). I had a lot of anger and mixed emotions. The YEEP has helped me know I'm not alone
  - I have really enjoyed working with the YEEP – they're all my best friends
  - I liked setting up the YEEP Facebook page – it's helped us talk about things in a closed group
  - I'm feel more confident now





# Launching the 22q YEEP Transition Tool



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- Anne Lawlor
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