



Speaking from Experience Young People & Asthma

Transcript for chapter 6 of 8: Support

Michelle – I pretty much talk to my mum and my dad. Especially my dad because he knows what I'm going through because he experienced it as well.

Emily – They sort of teach me how to manage my asthma. They have seen me grow up [with asthma] since I was 6 months old, so they know what it's like. They understand what the triggers are.

Katrina – My doctor has helped me with what to do.

Ben – Mum taught me a lot about asthma actually, because she used to be a nurse and she teaches nursing.

Michelle - So many people have it, that a lot of people can relate to it. So, I also talk to my friends about it.

Zeke – It's good to talk to other kids who have asthma because they probably know more. If you have an older friend, you can just ask them about the past years of their experience with asthma.

Tamara – I guess the main people who supported me when I was growing up and having asthma, were my family, but also my friend from school who had asthma as well. The school nurse; at high school we had a school nurse, which was really great. At primary school, we didn't but I found that mum was still able to be around enough that it didn't matter. But in high school, you sort of want mum and dad to back off a bit, so I guess that was why it was good to have the school nurse. To also have a friend who understood who had asthma. They were my main supports.

Ben – Teachers can hold on to your puffer and help you that way, and friends can look out for if your breathing starts to get really heavy, or if you're complaining of a tight chest and other symptoms that asthma can give you. They can tell the teacher also, and just be looking out for that.

Michelle – I think there's a few of my friends, I wouldn't trust all of them to deal with my asthma. There are a few who know exactly what's going on and know what to do. They do take an interest in it. They take an interest in what I'm doing that day with my preventative medication and they do notice when you are struggling. They help you to manage you asthma. They help remind you, when you're at a sleep over, to take your preventative medication. They help remind you and will take you to sick bay. So, my friends have helped me so much over the years.

Emily – I do have a few close friends who do have asthma, so they sort of feel how I'm feeling. Also my parents, so I can go to them if I'm feeling frustrated.

Michelle – To have confidence in the people around you is really important when you're dealing with asthma. You can't always do something about it. You need somebody there to



help you and give you that medication when you are sick. Somebody to know to call an ambulance, take you to the hospital, give you ventolin or preventative medication.

Emily – I think sitting me down and calming me down is important. Also giving me ventolin, three puffs straight away, so that it does open up my airways; I think that is the most important thing.