



Speaking from Experience Young People & Asthma

Transcript for chapter 7 of 8: My future

Ben – When I leave school, I intend on being a brick layer, which is a physical job. My boss understands when I take my reliever to work and take my puffer in my lunch box. He knows what it's for. Brick laying can get quite exhausting, when you're doing everything. It could also be a cold day, which could trigger it, but they understand a lot.

Michelle – I love all sports. My whole family, our lives revolve around sport, whether it's cricket, football or netball. Netball is probably my biggest passion. I just love it. I play it every day of the week and I just can't get enough of it. So many of my friends and other kids always tell me that they can't play sport because it's the biggest trigger for their asthma. I just feel so lucky that it's not me and that I can play sport. Otherwise, I wouldn't be going to tournaments or going interstate and meeting all these wonderful people, who have changed my life through netball.

Katrina – I want to try and be in the Olympics for athletics.

Zeke – I want to play sports. If I have an injury or something, I would probably like to work as a doctor.

Emily – I want to be a nurse, or in the health profession. With my asthma, I was surrounded by nurses, whether in the hospital or the doctor's surgery, which helped me. I want to help people, like I was it when I was younger, when I'm older.

Tamara – I am a nurse now. I think having asthma and another condition has had an influence on me deciding to become a nurse. I think also, as a nurse, if I see someone with asthma who's just been diagnosed, I can actually go up to them and give them empathy, not just sympathy. Rather than saying, 'Oh, you poor thing, I know how you feel', I can actually say, 'I *know* how you feel, I have asthma as well'. That can sometimes be very reassuring for the patient, to know that there is someone else out there with it. That it doesn't have to stop you from doing anything. You can still have a normal life and a normal career, and quite a successful career as well. As a nurse, it's been really good to have a bit of background of having a condition myself. It's gives you a bit of insight as to what it's like to be on the other side of the hospital bed.

Ben – Asthma shouldn't impact on your career at all. It affects you, but you have your relievers and preventers to help you through it.