



Leave Home

University and Moving Out

If you're off to university or just moving away from home, this could well be your first proper test of independence. It's the same for most people who go – university is a challenge, a new beginning and an amazing experience. Your parents might be really worried about letting you go off.

But if university takes you away from home, you will have to be able to cope independently with your condition. This could mean you have to take on new responsibilities, but this is a positive thing. Be prepared to:

Carry an up-to-date ID at all times – get your **green card** updated with your current address, treatment centre and details of your GP.

Find a new Haemophilia Centre and register with them.

Find a new GP and a dentist - be sure to let them know about your haemophilia - they will respect your wish for confidentiality.

Safe numbers - Keep the contact numbers of your GP, the Haemophilia Society and your Haemophilia Centre in a safe place so they are easy to find if you need them.

Storing your factor - You need to make sure that you have a safe storage place for your factor. Perhaps you could buy a mini fridge to keep in your bedroom. Or maybe you could tell your campus nurse or tutor who will make a safe storage place for you.

Depending on your circumstances, we may be able to help you get a small fridge for your room - just get in touch.

Mobility - you might find that your condition sometimes restricts your mobility, if you have bleeds in your joints. Most universities in the UK have really excellent Disability Officers. Even if you don't consider yourself to have a disability, they help all sorts of students. If you need some time off to recover, or adjustments to your halls of residence, or if you get a bleed around exam times - they can help you with all of this.

Your university is required by law to help you as much as possible with any problems you have caused by your condition.

Telling people - At university, or in the workplace, it's up to you to decide who you tell. The extra support may be comforting, but you may have to face one or two ignorant reactions as well. You will know a lot more about your bleeding disorder than the people you're telling, so you will have to be patient and a good teacher. Sadly many people are quite clueless about what haemophilia means today, and that it's usually a manageable condition. You can help change these attitudes when they see you living a full life!

It's a good idea to tell some close friends at uni. They will probably be pleased to help if you need it and could help explain it to other people.

Coping with these kinds of situations will make a stronger person, and will mean that you're able to look forward to the future with confidence.