

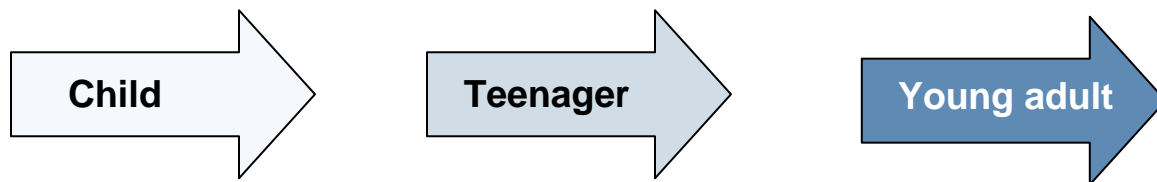
Planning a smooth move

My transition to adult care



What is transition?

- Transition means change.
- Your teenage years are full of changes. As you grow and develop, you become more independent and responsible for your choices in life.
- Your health care needs change too.



As a child, your parents and your health care providers took care of you.

During your teenage years, parents and health care providers help you learn what you need to know and do to take care of yourself.

You gradually take on more responsibility for managing your diabetes.

As a young adult, you will leave McMaster Children's Hospital and "graduate" to adult care.

How and when does this happen?



- Change is easier when you have a plan and people to help you.
- Your parents and health care providers will help you plan a smooth move to adult care. We call this “transition planning”.
- This doesn’t happen overnight. It takes place over time, starting in your early teen years and continuing, as you become a young adult.
- Moving to adult care takes place around your 18th birthday.

Who will help me?

- The members of your diabetes team will help you, along with your family and friends. We will work together to help you learn how to care for yourself and live well with diabetes. We have tools and resources to help you.
- Depending on your needs, you will meet some new health care providers such as an Adolescent Medicine Specialist. This is a doctor that specializes in the care of teens (adolescents). You will also meet an Endocrinologist, a doctor who cares for adults with diabetes.
- During your visits, each member of your health care team will help you gain the knowledge and skills needed to manage your diabetes independently. We will support and encourage you to take responsibility for managing your diabetes. This is called self-management. You will make more decisions about your care and we will respect your choices.



What will I need to do?

- Visit the clinic regularly as you learn to monitor your health and manage your diabetes.
- Help us get to know you. Sharing information about your life can help us plan care that is right for you. We would like to know what is important to you and what you would like to learn. Let us know how we can best help you.
- Feel free to ask questions of any team member, at any time.
- Learning new skills takes time and practice. Be patient with yourself. It is normal to have some setbacks along the road to independence. Look at this as a chance to learn more about yourself.
- There is a lot to learn, but don't worry. You will have lots of time and lots of help to plan a smooth move.



**If you have questions or concerns,
talk with a member of your diabetes team.**

We are here to help!

please turn over →



Checklist for a smooth move

- ✓ Meet with team members by yourself. You can invite your parents to come in at the end, if you wish.
- ✓ Get involved in making decisions about your care. Ask for information, support and help whenever you need it.
- ✓ Keep in touch with your feelings. Managing change can be stressful at times. It can help to talk with someone you trust or keep a journal.
- ✓ Learn about healthy lifestyle choices. Make decisions that are right for you about alcohol, smoking, drugs, etc.
- ✓ Spend some time thinking about what you want in the future. Set some short-term goals that will help you get there. Mastering small steps lets you see your progress and gives you confidence to take charge of your life.
- ✓ Learn how to manage your diabetes and prevent complications. Become skilled at testing and tracking your blood glucose and adjusting your insulin. Make healthy eating and physical activity a part of your daily life. Learn how illness affects you and what to do when you are sick.
- ✓ Learn how to live well with diabetes. Some people with diabetes have special needs relating to education, employment and insurance.
- ✓ Learn how adult care is different than children's care. In adult care you must make your own appointments, keep your own records, communicate with health care providers and advocate or "speak up" for yourself.