

# Youth Transition to Adult Care Orientation Session

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Now that you're almost 18, it's time to plan your move from pediatric to adult care. You are invited to attend an Orientation Session at the Adult Diabetes Program on \_\_\_\_\_ (date).

**At this session you will learn about your new clinic and meet the nurse, dietitian, kinesiologist and psychologist who will be working with you.**



**The Diabetes Care and Research Program is in the Boris Clinic.**

Your family and friends are welcome to attend with you if you wish.

If you are unable to attend this session  
please call the Business Clerk at 905-521-2100, ext. 76061.  
They will be happy to book you into another session.

## Why should I attend the Youth Transition to Adult Care Orientation Session?

**“Transition” means “a change”.**

If you have been coming to McMaster Children’s Hospital for a long time, you know your doctor and other health care providers quite well. You may feel comfortable with the care they provide and wonder how your needs will be met by adult services. If you had your care outside of McMaster, you may have the same questions.



Important  
Information

To ease your transition, we are inviting you to attend a Youth Transition Orientation Session.

The goal of the Orientation Session is to connect you with the adult team to help make the change from pediatrics to adult services as smooth and comfortable as possible.

## What will happen at the Orientation Session?

This is a small group session where you will have the chance to tour the Boris Clinic Diabetes Care and Research Program and talk with all of the team members.

Each adult team member will describe their role on the team and provide you with an overview of the services they offer.

The purpose of this event is for you to get to know a little bit about the Adult Diabetes Program and to answer any questions you may have before leaving the pediatric service.





- We will also cover what you can expect from us and what we will expect from you when you attend appointments at the Adult Diabetes Program.
- The nurse and dietitian that you meet at this session will be your health care providers in the Adult Diabetes Program. They will provide you with their contact information at the session.
- At the end of the session we will arrange your first appointment in the Adult Diabetes Program.



The Orientation Session usually lasts about 1 hour.

<b>Working together with your adult diabetes team</b>	
<p><b>You have the right to:</b></p> <ul style="list-style-type: none"> <li>• Make your own decisions.</li> <li>• Meet with your health care provider on your own.</li> <li>• Ask questions so that you understand your diabetes and treatment options.</li> </ul>	<p><b>We encourage you to:</b></p> <ul style="list-style-type: none"> <li>• Attend your appointments.</li> <li>• Bring your blood sugar records with you.</li> <li>• Have your blood work done as requested.</li> <li>• Share with the team any issues and concerns you have that may or may not impact on your diabetes care.</li> </ul>

## Diabetes Care and Research Program

The adult clinic is called The Diabetes Care and Research Program.

It is located in the Boris Clinic on the 4th floor (by the “yellow” elevators) at McMaster University Medical Centre.

McMaster University Medical Centre  
1200 Main Street West  
Boris Clinic (4<sup>th</sup> Floor, Yellow Section)  
Hamilton, Ontario

**Phone:** 905-521-2100, ext. 76061

**Website:** [www.hhsc.ca/dcrp](http://www.hhsc.ca/dcrp)



## Parking and transportation

### **McMaster University Medical Centre:**

Parking is available underground off Main Street West for an hourly fee.

Parking spaces may be limited depending on the day of the week so leave plenty of time to get to your appointment.



### **Public transportation:**

For McMaster University Medical Centre, the HSR bus stops close to the front entrance to the hospital.