



# Are you ready to Transition?



## What is Transition?

Moving from a child-centered to an adult-centered health care system.

## Who is targeted for Transition?

Teens and young adults.

## When do I start to Transition?

One to two years before your first visit to an adult diabetes provider.

## What do I need to know to Transition to adult-care?

How to manage all parts of your diabetes on your own. This includes being responsible for scheduling health care visits and managing diabetes supplies.

Transition is a **process** that will take time and some work.

Your diabetes team is here to help you transition successfully to adult care!

## What do I need to do to take care of my own diabetes?

- Check blood sugars on your own, without reminders from your parents
- Keep a log book
- Calculate your own insulin doses
- Count carbohydrates without help from your parents
  - Understand the concept behind calculating insulin doses for food and corrections
- Trouble-shoot low and high blood sugars
- Recognize blood sugar patterns
- Understand how exercise changes blood sugar
- Know the possible long-term complications caused by diabetes and what signs to look for

Date	Breakfast		Lunch		Dinner		Bedtime	Comments
	Before	Carbs/Insulin After	Before	Carbs/Insulin After	Before	Carbs/Insulin After		
Sun								
Mon								
Tue								
Wed								
Thu								
Fri								
Sat								
Sun								
Mon								
Tue								
Wed								
Thu								
Fri								
Sat								

## What do I need to know about my diabetes supplies?

- What medical supplies are needed to take care of your diabetes?
  - Insulin vials or pens
  - Syringes or pen needles
  - Lancets
  - Strips for your glucose meter
  - Ketone testing strips
  - Glucagon
  - Rapid acting sugar to treat lows
- How do you get the supplies?
  - Local pharmacy
  - Mail order pharmacy
  - Need to know how to contact them
- How much do you need?
  - Different for each person
  - Do you get a 1 month or 3 month supply?
- When you need to get more?
  - Before you run out of supplies



## What do I need to know to navigate the health care system?

- How health insurance works
- The difference between adult and pediatric care providers
- How to make and keep your own office appointments
- How to talk to your health care provider without your parent(s)
- How to call your diabetes team with questions or concerns about your diabetes



## Who might I need to tell about my diabetes?

Learn how to talk about diabetes with

- Friends
- Employers
- Co-workers
- Significant others
- School nurse
- Teachers
- College health center
- Professors



## What if I don't know how to do these things?

- Talk to your diabetes team to learn more. They have resources to help you be ready to transition.
- Talk to your parents. They have been helping you for a long time and know a lot about taking care of your diabetes.

### Transition resources:

National Diabetes Education Program

<http://ndep.nih.gov/transitions/index.aspx>