

MOVING TO ADULT CARE

WHAT IS TRANSITION?

Transition is when you move from pediatric to adult health care.

WHEN DOES THIS HAPPEN?

You should plan to transition into adult care after you graduate high school.

HOW DO I PREPARE?

Your healthcare team will guide you through the transition into adult care. You will begin preparing for the move into adult care around 16 years old. Before transitioning into adult care you should start preparing for more independent diabetes care.

1

COMMUNICATE

- Put clinic telephone numbers into your phone
- Learn how to make your own follow up appointments (every 3 months).
- Ask us about special concerns:
 - alcohol use
 - tobacco
 - driving
 - moving away from home
 - family planning and birth control
- Make a plan to download pump, CGM or blood glucose meter reports and send to your provider.
- Plan on prevention screenings. Keep track of eye and feet exams, dental check-ups, A1c and other labs.

2

GET ON YOUR MEDS

- Plan on refills and supplies every 90 days. Take cell phone pictures of the prescription labels. This way, you will always have the RX number needed for the refill telephone line.
- Find a pharmacy or plan mail-order supplies.

3

BUILD YOUR TEAM

- Teach friends and roommates how to help.
- Program your mobile phone with Emergency Contact/Medical Alert ID information

4

PLAN FOR THE MOVE

- Identify an adult care provider
- Schedule your first adult appointment