

Youth Transitioning to Adult Care

As you near your 18th birthday, it is important to remember that you will soon be transitioning into adult care for your diabetes.

Here are some things to think about to help prepare for this change:

- Start meeting 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.
- 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 adult care is different than pediatric care. In adult care you must make your own appointments, keep your own records, communicate with health care providers and advocate for yourself.

If you plan to pursue post-secondary education, the Diabetes Hope Foundation has a number of resources and programs available to help ease you into this next stage of life. These include:

1. A Transition Guide which can be accessed here: https://diabeteshopefoundation.com/wp-content/uploads/2018/10/Guide-for-Successful-Transition_August-2018-4th-Edition.pdf
2. A mentorship program
3. A peer-support program

For more information go to www.diabeteshopefoundation.com