



YOUTH to ADULT TRANSITION PROGRAM

What is it?

The Transition Program is designed to support you as your health care shifts from a pediatrician to an adult diabetes doctor. The Best Centre educators and social workers will provide information to help you navigate life's changes as you enter adulthood.

Topics will include:

- How will your diabetes appointments change?
- How to manage diabetes tasks with other priorities?
- What is diabetes burnout? What are the signs?
- How is illness management as an adult different?
- How will my diabetes supplies be covered?
- How to grocery shop and meal plan on your own; and on a budget
- What are the driving guidelines for someone with type 1 diabetes?
- Understanding sexual health and the safe use of alcohol/drugs.

What to expect?

- Between the ages of 17 and 18, you will attend a **Growing with Diabetes – Transition** appointment on your own. Parents can book a diabetes refresher appointment with one of our educators at the same time.
- After your last pediatric clinic appointment, between the ages of 18 to 19, you will attend Transition appointments with a nurse, dietitian or social worker at The Best Centre every 3-4 months for the next 2 years.
- You will **also** attend appointments 2 to 4 times per year at your new adult doctor's office (not at The Best Centre).
- After the 2-year **Transition Program**, you will continue to attend appointments at The Best Centre every 3-6 months. These appointments are important to:
 - Remain an active patient at the Best Centre
 - Receive ongoing education and support by the Best Centre team
 - Access the urgent care program
 - Maintain ADP funding (if you are on a pump)

You can choose from the following in the adult program:

- 1-hour appointments with either a nurse or dietitian
- 30-minute adult clinic appointments with both a nurse and dietitian
- 1-hour appointments with a social worker.

If you have questions, please ask our reception staff or email, bestdiabetes@charleshbest.com.