

TRANSITION PROGRAM: GROWING INDEPENDENCE

Our transition program helps patients and families prepare for the move to adult care. As children gain independence, our developmentally appropriate individual educator appointments help them build the self-management skills and confidence to take an active role in managing their type 1 diabetes.

8-16 YEARS



YOUTH JOURNEY



Learning & Building Skills

- Learn developmentally-appropriate diabetes self-management skills.
- Participate in Growing Well with Diabetes (GWD) appointments.
- Build confidence and independence.

17-19 YEARS



Preparing for Transition

- Take a more active role in managing diabetes.
- Practise speaking with the healthcare team independently.
- Come prepared to discuss any questions or concerns.

18-21 YEARS



Transitioning to Adult Care

What's Changing

- Meet adult diabetes physician at their office.
- Appointments at the Best Centre every 3-4 months.

What's Staying the Same

- Build knowledge and confidence.
- Access support from the Best Centre team.
- Take an active role in managing diabetes with caregivers available when needed.



CAREGIVER JOURNEY

- Completing diabetes care tasks together to move toward independence.
- Encouraging developmentally appropriate independence inside.



- Encouraging independent appointments.
- Supporting self advocacy.
- Helping them understand their health history, medications, and allergies.
- Practising skills like scheduling appointments, refilling prescriptions, and navigating insurance.



- Encouraging diabetes self-management.
- Offering guidance when needed.

For You:

- Meet with educators separately to review diabetes management
- Participate in caregiver groups to learn how to best support your child, teen or young adult



GRADE 9 MILESTONE

- Child attends clinic appointments on their own
- Caregivers join at the end for a summary
- Important opportunity to practise speaking independently with the health care team



GROWING WELL WITH DIABETES (GWD)

- Yearly appointment
- Available for youth and caregivers as separate appointments with an educator
- Developmentally appropriate discussions and education



KEY NOTES

- Nurse, Dietitian or Social Worker appointments available for caregivers and youth as needed.
- Caregiver and youth appointments are held separately.
- Adult physician appointments are at their office.