



Supporting your teen through Transition to Adult Diabetes Care Information for Parents and Caregivers

As your teen grows into adulthood, their diabetes care will transition from the pediatric program to an adult care model. This is an important step in helping them develop the skills and confidence to manage diabetes independently.

What is Changing?

Between the ages of 18 and 19, your teen will be referred to an adult diabetes physician who will oversee their medical care.

Your teen will:

- Attend appointments with their adult diabetes physician at the physician's office. The physician's office (not Best Centre reception) will contact you to schedule these appointments.
- See the adult physician approximately 2–4 times per year.

Adult physician appointments are typically shorter and focus on medical management.

What is Staying the Same?

Transitioning to an adult diabetes physician does not mean your teen is leaving the Best Centre.

Your teen remains connected to the Best Centre and continues to have access to:

- Diabetes Nurse and Dietitian Educators
- Social workers
- All diabetes education and support programs
- The Urgent Care Program (pager)

During the first 2 years after leaving the pediatric program, your teen will attend “Transition Program” appointments at the Best Centre every 3–4 months. The Best Centre educators and social workers will provide education, support, and resources to help navigate the changes and responsibilities of young adulthood.

Why are Both Appointments Important?

The adult physician and Best Centre team work together to support your teen's health.

Regular appointments help your teen:

- Receive ongoing medical care, Access education and support
- Maintain eligibility for ADP funding (for pump users)
- Remain an active patient of the Best Centre
- Access urgent care services (pager) when needed

Questions?

If you are unsure who to contact, start with the Best Centre. We are happy to answer questions and help connect you and your teen with the right people.