



Transition to Adult Care Program Self-Reflection Questionnaire

The Transition program is designed to support you and to help you feel confident when you move into adult care. Before your appointment, please check off topics that you would like to discuss.

Diabetes Care Basics

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| ☐ Blood glucose monitoring: meter/sensor | ☐ How different types of insulin work |
| ☐ Blood glucose targets | ☐ Sharps Disposal |
| ☐ Interpreting blood glucose patterns | ☐ Managing skin sensitivity to pump sites/sensor |
| ☐ A1C and Time in Range | ☐ Insulin injection techniques |
| ☐ Low blood glucose treatment | ☐ Where to give insulin, sites and rotation |
| ☐ Nasal glucagon | ☐ Deciding how much insulin to give |
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Understanding Type 1 Diabetes

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| ☐ Carbohydrate counting | ☐ Why yearly eye/foot exams are important |
| ☐ Managing Illness | ☐ Why yearly lab tests are important |
| ☐ Diabetic ketoacidosis (DKA) - what is it and how to prevent/manage it | ☐ Why the flu shot is important |
| ☐ Exercise and Type 1 Diabetes | |
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Becoming Independent

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| ☐ Talking to friends about Type 1 Diabetes, what they need to know (i.e. glucagon) | ☐ Relationships and sexual health |
| ☐ Making healthy food choices | ☐ Drugs and alcohol with Type 1 Diabetes |
| ☐ Navigating T1D at the workplace | ☐ Driving requirements |
| ☐ Travelling | ☐ Medical ID |
| ☐ How to order diabetes supplies and fill prescriptions | ☐ Where to go for emergency medical diabetes care |
| ☐ Understanding financial aid (public/private health insurance) | |
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Mental Health and Well-Being

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| ☐ How diabetes makes you feel; making space for emotions | ☐ Building your diabetes support team |
| ☐ The effort and extra work to manage diabetes | ☐ Maintaining a balanced lifestyle |
| ☐ Staying involved in your diabetes care | ☐ Setting goals for your future |
| | ☐ Connecting with others who have T1D |