



Transition Closure letter

Dear

Recently you have been transitioned from the paediatric diabetes clinic to the young adults' diabetes clinic. We hope this has been a smooth process with plenty of preparation for the move.

You should expect a clinic appointment letter within 3-4 months of your last clinic visit. You have been given the name and contact details of your Transition link person at the adult diabetes service. Please make contact if you need to reschedule a scheduled appointment.

Your questions and concerns are important and will be the focus of your first visit at Adult Services. Plan ahead and take responsibility for what you need to take to your appointment.

- Think about how you will be getting to your first appointment.
- Find out how to get to the building and clinic. Find out about parking if you will be driving.
- Give yourself enough time to get there.
- Be in charge of your diabetes management –bring a list of questions or issues you want to talk about. Tell your team what works best for you and what you are worried about.

You may now have some extra responsibilities that you didn't have at the paediatric clinic:

- Possibly going to the lab for your HbA1c – a lab form may be posted out to you when your appointment is made.
- Remember to request a prescription when you are at clinic. You may need to see your GP for a prescription if you need additional scripts between clinics as prescriptions are generally not provided between appointments by your diabetes team.
- As you will be seeing the doctor on your own, this is a good opportunity to start talking about things that are important to you. There may be things you want to ask about without lots of other people in the room like sexual health, complications, relationships etc.
- You can still bring a support person or parent to the appointment. Sometimes it's good for you to be seen on your own and then get mum or dad or your support person in for the final summary and planning part of the consultation.

The focus of the young adult diabetes clinic is working towards independence with diabetes management with support around you, as the young adult with diabetes. This may be made up of your family, friends, girlfriend / boyfriend, and diabetes team.

If you are planning on relocating either regionally within NZ or overseas please let your diabetes service know so a referral can be sent to the appropriate diabetes service in the area / country you are moving to.

Check out www.diabeteslive.co.nz which is designed for young people with type 1 diabetes. You may be interested in joining the Facebook page which is linked.

If you have any concerns with your diabetes management prior to your first Young Adult appointment or any other concerns about your transition to the Young Adult Service please contact the Paediatric Diabetes Service. We would like to say thank you for being part of the Paediatric Diabetes Service and wish you and your family all the best for the future.

Kind regards