

# DIABETES TRANSITION

## WHAT IS IT?

As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes<sup>1</sup>.

### Transitioning from Paediatric Diabetes Services to Young Adult Diabetes Services

Transition programmes are a part of diabetes care provided by healthcare services. Transition means your health care team changes from a paediatric one to either a young adult or adult diabetes service.

The overall aim is to support rangatahi/young people to learn more about diabetes during adolescence and support you to become more independent with diabetes care. This includes knowing when and who to ask for help when needed.

Transition programmes use a "Youth Health" approach. This approach emphasises that young people be treated with respect and made aware of all health choices. Your health information will be kept confidential (unless there are safety concerns for the young person or others).

Current knowledge and recommendations have found a planned transition between paediatric diabetes care to young adult diabetes care promotes confidence, increases knowledge and develops diabetes management skills. Parents/caregivers/whānau will always be encouraged to join young people through the process.

Below is a flow chart showing the transition process.

