

Useful websites:

www.diabeteslive.co.nz

(NZ website for young adults with diabetes)

www.runsweet.com

(website for athletes with diabetes)

www.deda.org.nz

(website for help with diabetes and eating disorders)

www.starship.org.nz

(follow adolescent transition service link)

www.realitycheck.org.au

www.diabetes.org.uk

(go to 'type1 uncut')

www.sweet.org.au

www.medicalert.co.nz

www.diabetesauckland.org.nz

www.diabetes.org.nz

www.diabetesaustralia.com.au

urge.co.nz

(youthline)

www.theword.org.nz

(family planning)

www.thelowdown.co.nz

(specifically for youth with depression)

Diabetes Service opening hours

Monday to Friday, 8.00am – 4.30pm

Contact details

Phone: (09) 486 8920 extension 2505

021 902 765

youngadults@waitematadhb.govt.nz

North Shore Hospital

124 Shakespeare Road

Takapuna

Auckland 0622

Private Bag 93-503

Takapuna

Auckland 0740

Henderson clinic

Whanau centre

Edsell st

Henderson



Diabetes service for young adults

What you need to know

Diabetes services at Waitemata DHB

Welcome to the diabetes service for young adults at Waitemata District Health Board.

Our diabetes clinics are based at North Shore Hospital and Whanau centre in Henderson.

We are here to work with you and offer you support as you live with your diabetes.

You may have been through the Starship transition process over the past couple of years. Hopefully you will be feeling more comfortable to take control of your diabetes but we understand this can be a daunting process. We are here to offer you continued help and advice as you progress through this transition into your late teens and adulthood and learn to self manage your diabetes.

The main difference between paediatric and adult diabetes services is the amount of independence you are given.

With this, comes the need to learn about your diabetes and speak up about any concerns that you may have. You can bring a parent/guardian with you to your appointment and when you are ready you can attend your appointment on your own.

What to expect

- Your first appointment with us will be three months after your last Starship appointment, although we can see you earlier if needed.
- Our team consists of doctors (endocrinologists), specialist diabetes nurses, dietitians, psychologists, podiatrists, eye screening doctors/technicians and clerical staff.
- We have links with youth health teams who work to support young adults in the community.
- YA diabetes offer a team approach although your primary support will be the nurse or dietitian who will be contactable via phone/text or e-mail.
- You will be seen approximately every three months by a nurse, doctor or dietitian for the first year. After this, the regularity of your appointments will be arranged to suit your needs.
- We can do HbA1c in clinic but you will need to have routine diabetes screening bloods taken every 3-6 months either in the hospital or in the community.

Information

- Our service is available from 8am- 4.30pm Monday to Friday. For problems or emergencies out of these hours please contact your GP or after hours medical centre.
- If you cannot attend an appointment please let us know as soon as possible so that we can re-schedule.
- **Please bring your meter/log book along to your appointment with you.**
- We value your opinion. If you have questions or don't understand something please ask. We are here to support you and advocate for you.
- You should contact the Starship transition clinic with any concerns or questions you have until you have had your first appointment with us.
- You can get your diabetes medication prescription when you see one of our doctors. In between doctors appointments you can get your prescriptions from your GP.

