
MOVING ON...WITH DIABETES

ADVICE FOR PARENTS

As your son/daughter gets ready to transition to adult diabetes care, your support and understanding is paramount. This is a challenging time not only for him/her, but also for you. “Letting go” as your adolescent prepares to leave home to live on his/her own can be very emotional and stressful for everyone.

We, the diabetes care team, want to help make this transition as successful as possible. The key is to start early and work as a team - you, your adolescent, and us - to provide support and preparation through the adolescent to young adult years.

TIPS FOR PARENTS

- Encourage your son/daughter to take an active part in his/her diabetes care - be supportive.
- Allow for a gradual shift of responsibility for diabetes care from you to your son/daughter, but always stay involved.
- Help your son/daughter problem solve and make choices - this will help him/her build confidence and reassure you that he/she is capable of managing his/her diabetes.
- Work with the diabetes care team to identify diabetes tasks and how to shift responsibility for them at various stages of your son's/daughter's development.
- Communicate openly and honestly.
- Try to be sensitive to your son's/daughter's needs - both as an adolescent and a person with diabetes.
- Ask questions about your son's/daughter's future education, job possibilities, and independent living.
- In the adult system, young adults are expected to gradually take complete responsibility for their diabetes management.
- As a young adult, your son's/daughter's life will be busy and demanding; he/she will still need you to be there, if needed.

HOW THE DIABETES CARE TEAM WILL HELP!

- We will begin talking about and preparing for transition when your child is about 13 years old.
- We will provide “Moving On...With Diabetes” worksheets and handouts for you and your son/daughter to complete to help everyone be ready for the transition to adult care.
- We will want to spend some time at appointments alone with your son/daughter to help them develop independence and confidence when talking to team members.
- We will provide your son/daughter with a special **Moving On...With Diabetes Handbook** that will be a resource for him/her as a young adult.
- We will send a referral to the adult diabetes specialist and adult Diabetes Centre (if known) where your son/daughter will go as an adult.
- We will continue your son's/daughter's care until the first adult appointment.
- The adult Diabetes Centre team will continue to help your son/daughter manage his/her diabetes.
- Some young adults and parents like to attend the first adult appointment together, so this is something you should discuss with your son/daughter.