
MOVING ON...WITH DIABETES

WHAT TO EXPECT IN AN ADULT DIABETES CENTRE

Attending an adult Diabetes Centre for the first time can be a little overwhelming if you do not know what to expect. Give the new diabetes care team the time to get to know you. Be open about the challenges you face – school, work, sports, parties, stress, etc., so they can help you manage your diabetes.

WHAT YOU SHOULD KNOW BEFORE YOU GO

- You are now in charge of your diabetes care. Responsibility has gradually shifted from your parent(s)/guardian(s) to you, and you will now be the main decision maker.
- Being responsible for your own diabetes management doesn't mean that you are completely on your own. Your adult diabetes care team can help. They are there to provide support and tools to help you with self-management and to achieve targets through a flexible plan that meets your lifestyle.
- It is your responsibility to show up for your appointment. Unlike many pediatric Diabetes Centres, you will not be called and reminded of appointments. If you cannot make the appointment, call the Centre/office to arrange another date/time.
- Typically, you will see the diabetes care team by yourself. However, if you wish, your parent(s)/guardian(s), a friend, or a partner may attend.
- In the adult setting, you may see the diabetes specialist (doctor) at a separate appointment from the Diabetes Centre team.
- Everything you talk about with the doctor and other members of the team is confidential. In other words, they won't be discussing your care with anyone else unless it's with your permission.
- The focus at the adult appointments will be on your wellbeing and staying healthy with diabetes.
- During each visit, the team will discuss blood glucose levels, food records, weight, blood pressure, and any lab results that have been done as well as answering any questions/concerns you have.
- You will have your feet checked at least yearly to help you learn healthy foot care practices and to look for any early signs of foot problems.
- You will also be asked to visit your eye doctor at least once a year.
- Your family doctor will continue to be your main doctor. You should see him/her at least once a year or more, if needed. He/she will continue to provide on-going medical support for all of your health care concerns such as renewing your prescriptions, flu shots, and any general health issues you have.