

MOVING ON...TO ADULT CARE

Change can be exciting but sometimes challenging. Moving from pediatric to adult diabetes care is a change that some people may struggle with. It is normal to feel anxious or have questions.

I can be that voice at the end of the phone willing to help you get ready. Unless you say otherwise, our conversations about your questions or concerns will be kept private. In my role, I can help to answer your questions and hopefully, ease any concerns before, during, and after your move.

In my role...I can:

- Provide tips for your adult diabetes care visits (how to prepare, what to expect, who your team will be, etc.)
- Guide you to helpful community resources and services
- Connect you with other groups of young adults living with diabetes
- Provide support and guidance (answers to your questions)
- ***With your permission***, share information about our agreed upon plan (if there is one) with your diabetes teams

But, I cannot:

- Provide direct medical or diabetes advice
- Attend your individual appointments with you

You can help me and others by letting me know what parts of the experience of moving from pediatric to adult diabetes care worked well for you, and what parts need improvement.

I would be honored to listen to your concerns, answer questions, and help you get connected to these new adult services.

Looking forward to chatting with you!

Kristen Hemming

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