

## Transitioning to Adult Diabetes Care

### Show your child how to:

- Make appointments
- Communicate independently with the doctor
- Fill prescriptions/order supplies

The more comfortable and familiar your child is with the process, the easier it will be for them to take over when the time comes.

### Insurance, what's the plan:

- Continue with parent's insurance
- Obtain insurance through employer/school
- Purchase insurance on the open market
- Federal/state funded insurance plans

### Knowing how insurance works:

- Different types of plans (high deductible vs traditional plan)
- In-network vs out of network coverage
- Difference between a copay, deductible and out of pocket maximum
- Who will be responsible for covering costs
- Financial planning for purchasing insulin and supplies until the deductible is met

Please review the insurance handout in this packet with your child.

### When learning how to navigate insurance, be sure your child knows:

- To carry an insurance card in their wallet
- How to contact the insurance company for questions about coverage
- Which providers/hospitals are covered
- Which pharmacy to use to fill prescriptions
- Which durable medical company to order supplies through
- Whether insurance allows 30 or 90 day prescription refills
- Whether coverage of supplies/insulin will change with change of insurance

### Access to Health Information:

When your child turns 18 they become legally responsible for their own medical information. A release of information must be signed by the patient to give the doctor permission to share medical information, including prescription refills, with a parent.

### Choosing a new provider:

Our clinic will provide diabetes care through your child's senior year of high school. Your child will need a primary care physician (PCP) for non-diabetes related healthcare needs as well as an endocrinologist for diabetes care. We recommend the following steps for choosing an adult endocrinologist:

- Get a list of adult providers in the area your child will be living.
- Contact your insurance company to find out which Endocrinologists your plan covers.
- Call the physician offices and ask if they have a certified diabetes educator (CDE) and whether they are familiar with the technology you are using (pumps, continuous glucose monitors, etc). Read online reviews of potential providers.
- Once you've decided on a new diabetes provider, contact your current diabetes provider to request a referral.
- If your new doctor asks for copies of your medical records, call the medical records department of your current doctor's office to request copies. Have the fax number for your new doctor ready to avoid paying fees for sending records through the mail.

### Resources:

1. Beyond Type 1 <https://beyondtype1.org>
2. College Diabetes Network <https://collegediabetesnetwork.org/>
3. American Diabetes Association <http://www.diabetes.org/>
4. JDRF <https://www.jdrf.org/>
5. [www.gottransition.org](http://www.gottransition.org)

# DIABETES INDEPENDENCE

## Finding your new doctor

- Finding an adult provider
- Getting a referral
- Requesting medical records

## What to Expect

- How often you'll have appointments
- Wait times for getting appointments
- Arriving early for appointments
- Cancelling/rescheduling appointments
- Possible consequences for no showing diabetes appointments

## Diabetes Management Indicators

- A1c goal for adults
- A1c goal for a woman who is pregnant
- How long before getting pregnant should a woman have A1c at this goal
- Long-term complications of diabetes and how can they be avoided
- Common labs followed by your endocrinologist

## Insulin Care

- Insulin storage
- Shelf life of insulin
- Insulin pen/syringe technique

## Managing Blood Sugars

- Action time of long-acting insulin
- What to do if long-acting insulin dose is missed
- Action time of rapid-acting insulin
- Insulin timing before meals
- Correction dose timing
- How/when to adjust insulin doses
- Frequency of blood sugar testing
- Calculating insulin doses
- Carb counting
- Using a food scale
- Eating away from home

## Hypoglycemia

- Causes of low blood sugar
- Treating a low blood sugar
- How/when to use glucagon

## Insulin Pumps

- Frequency of pump site changes
- Managing diabetes with pump failure
- Signs of a bad pump site
- What to do with pump site infection

## Sick Day/Ketone Management

- When to test for ketones
- Level of ketones that require treatment (trace/small, moderate, large)?
- How to treat ketones
- When and how to use mini-dose glucagon
- When to go to an ER or call 911 for medical help

## Drugs & Alcohol

- How alcohol affects blood sugars
- What people with diabetes can do to increase their safety if they choose to drink
- How illegal drugs can impact diabetes
- Finding out how/if certain medications (over the counter or prescription) affect blood sugar levels
- Ideas for navigating social situations

## Additional Information

- Insurance
- Obtaining prescriptions
- Getting refills
- Questions to ask if your pharmacy is unable to fill your prescription
- Resources