

# GRAduating to ADult care

## MY GRAD PLAN

I, \_\_\_\_\_  
am participating in the GRAD program because: \_\_\_\_\_ Date \_\_\_\_\_

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(Describe why you are participating. For example: To get ready to go away to college where I will need to manage my diabetes myself, to feel better more often so I can spend more time with friends, to make sure things go smoothly when I leave my pediatric diabetes doctors, or anything else!)

### My Transition Guide and I will work together on strategies for:

What to Expect During this Transition	Preparing for the Transition	Establishing Good Relationships with New Care Providers	Living Healthily with Diabetes
<p><i>EXAMPLES:</i></p> <ul style="list-style-type: none"><li>• <i>Future plans</i></li><li>• <i>Changing family roles</i></li><li>• <i>Differences in pediatric and adult care</i></li></ul>	<p><i>EXAMPLES:</i></p> <ul style="list-style-type: none"><li>• <i>Tasks to complete for a successful transition</i></li><li>• <i>Introduction to your insurance</i></li></ul>	<p><i>EXAMPLES:</i></p> <ul style="list-style-type: none"><li>• <i>Choosing new doctor</i></li><li>• <i>How to talk to providers</i></li><li>• <i>Advocating for yourself</i></li></ul>	<p><i>EXAMPLES:</i></p> <ul style="list-style-type: none"><li>• <i>Diabetes and driving, drinking, drugs, and sex</i></li><li>• <i>How will you keep yourself safe?</i></li></ul>
<p><b>Other</b></p>			

**In order to get to know you better, tell us about your vision for your future. What is important to you? How do you see yourself in 1 year? In 3 years? In 10 years?**

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