

GRADUATING TO ADULT CARE

INTERVIEWING NEW PROVIDERS

Some days it may feel like you don't have a lot of choice about your health care. You don't get to pick which medicines you have to take, what conditions you have, or what your symptoms are. One thing you do get to choose is your doctor. Having a good relationship with your doctor and clinic may make managing your chronic condition a little easier. Here are some questions to consider when choosing a new doctor:

WHAT DID YOU LIKE ABOUT YOUR PREVIOUS PROVIDERS?

Think about what you liked about your doctors in the past. It's common for patients to like when doctors use language that they can easily understand, speak to you instead of your parent, and are attentive to their needs.

WHAT DID YOU NOT LIKE ABOUT YOUR PREVIOUS PROVIDERS?

Think about what you *didn't* like about your doctors in the past. It's also common for patients to feel frustrated when your provider only sits with you for five minutes or uses medical terms that are confusing.

HOW LONG DO I HAVE TO WAIT FOR AN APPOINTMENT?

Some endocrinology offices may have fairly packed schedules. It's not uncommon for patients to wait 2-6 months to see a doctor. If you choose a clinic that has an extended wait time for appointments, it is important to schedule any appointments you need as soon as possible.

WHAT FACILITIES ARE IMPORTANT FOR YOUR CHRONIC CONDITION?

Since it may be difficult to schedule an appointment with an endocrinologist, another option you have is to see a family medicine doctor. A family medicine doctor is a provider that can see you for any condition. Since these providers have a more generalized knowledge, they may not be able to provide care for your diabetes if you use a pump or CGM.

DO THE CLINIC'S HOURS WORK WELL FOR MY SCHOOL/WORK/ACTIVITY SCHEDULE?

It will be important to choose a clinic whose hours coincide with your own schedule. For example, if you get off work at 3pm, you will need to look for a clinic that is open until 5 or 6pm if you intend to schedule a visit for after work.