

Get Up

My transition plan

The Paediatric Diabetes Service aims to support you as you grow up and gradually help you develop the confidence and skills to take charge of your own healthcare.

Please complete this checklist before you see your diabetes team today in clinic, as this will support you to explore your knowledge and skills. It will also help your diabetes team to learn what advice and support they need to offer you in order to help you better.

Name: Date:

Knowledge and Skills	Yes I can do this and don't need any extra advice	I would like some extra advice/help with this	Comments
Knowledge			
I understand the medical terms/words and procedures relevant to my diabetes			
I understand what each of my insulins are for and how my insulin works			
I am responsible for my own insulin and equipment at home			
When my glucose level is out of target range, I know my insulin sensitivity factor (ISF) and understand when I can give a correction dose using my insulin pump/pen			
I know what each member of the diabetes team can do for me			
I understand the differences between paediatric/child and adult health care services			

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Knowledge and Skills	Yes I can do this and don't need any extra advice	I would like some extra advice/help with this	Comments
Knowledge continued...			
I know about resources that offer support for young people with diabetes			
Self-advocacy (speaking up for yourself)			
I feel confident to be seen on my own for some/all of each clinic visit			
I understand my rights and responsibilities to privacy, decision making, consent and confidentiality			
Health & lifestyle			
I can manage my glucose testing including looking at my pump and CGM data to interpret my download and understand what my team means when they discuss 'time in target range'			
I can manage my injections and recognise in which circumstances I may need to give a pen injection if I am using a pump. I recognise when I need support to adjust my pump settings or my ICR's, ISF and long-acting insulin dose if using pen injections			
I can carbohydrate count all meals including meals at school and when out			
I understand the importance of testing ketones and when to test			
I usually sleep well			

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Knowledge and Skills	Yes I can do this and don't need any extra advice	I would like some extra advice/help with this	Comments
Health & lifestyle continued...			
I understand the effects different foods can have on my glucose levels			
I exercise regularly/have an active lifestyle and understand what changes to make with my diabetes to manage this			
I know where and how I can access providers or reliable information about sexual health			
I understand the risk of drugs, alcohol and smoking to my health			
Daily living			
I can make my own snacks/meals			
I am responsible for certain household chore(s)			
I always carry a BG meter with BG strips and ketone strips, phone/reader for my CGM, spare insulin, hypo treatment and ID			
School and your future			
I am managing at school e.g. I know who to go to for support with my diabetes, schoolwork, PE, friends etc			
I know what I want to do when I leave school			

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Knowledge and Skills	Yes I can do this and don't need any extra advice	I would like some extra advice/help with this	Comments
School and your future continued...			
I have had work experience			
I am aware of any potential impact of my diabetes to my education and/or work opportunities			
Leisure			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school hours			
Managing your emotions			
I know how to deal with unwelcome comments/bullying			
I know how to deal with emotions such as anger or anxiety			
I know someone I can talk to when I feel sad/fed-up			
I am comfortable with the way I look to others			
Transfer to adult care			
I understand the meaning of 'transition' and transfer of information about me			

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