

Go!

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 am confident in my knowledge about my diabetes and its treatment			
I understand what is likely to happen with my diabetes when I am an adult			
I look after my own insulin and equipment and store it correctly.			
I can dose adjust confidently when recognising patterns with my glucose levels			
I understand 'Sick Day Rules'. I know when to take additional insulin and when to get professional health care support. If using a pump, I know when it would be appropriate to give correction doses by a pump bolus and when I need to give a correction dose by pen and change my cannula/pod			
I order and collect my repeat prescriptions and book my own appointments			

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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 call my nurse/the hospital myself if there is a query about my diabetes and/or insulin therapy			
Health & lifestyle			
I can measure and interpret my glucose levels, including preventing, recognising causes and treating high and low levels			
I can manage my own insulin doses and injections - understanding site rotation & reasons for maintaining healthy sites. If using pump therapy, I can independently manage routine pump care/changes			
I usually sleep well			
I can carbohydrate count confidently			
I exercise regularly/have an active lifestyle and understand the effect different foods have on my glucose levels			
I understand the effect of smoking, drugs or alcohol on my diabetes and general health			
I know where and how I can access providers or reliable information about sexual health/relationships			

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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 implications of my diabetes and insulin therapy on pregnancy/parenting (if applicable)			
Daily living			
I am responsible for certain household chore(s)			
I can or am learning to drive and understand the requirements of the DVLA in relation to my diabetes			
I know how to plan for being away from home, overseas, trips e.g. storage of insulin			
Self-advocacy (speaking up for yourself)			
I am confident to be seen on my own in clinic/at appointments			
I understand my rights and responsibilities to privacy, decision making, consent and confidentiality			
School/career/your future			
I have had work/volunteering experience			
I understand my eligibility for benefits (if applicable)			
I have a career plan (please specify)			

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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/career/your future continued...			
I am aware of the potential impact (if any) of my diabetes on my future career plans			
I know how and what to tell a potential employer about my diabetes (if applicable)			
Leisure			
I can use public transport and access my local community independently, e.g. shops, leisure centre, cinema			
I see my friends and take part in leisure activities independently			
Managing your emotions			
I know how to deal with unwelcome comments/bullying			
I know where I can get more information and support if I need help to deal with my emotions and mental wellbeing			
I know someone I can talk to when I feel sad/fed-up			
I am comfortable with the way I look to others			
I know how to cope with emotions such as anger or anxiety			

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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
Transfer to adult care			
I understand the meaning of 'transition' and transfer of information about me			
I know the plan for my diabetes care when I am an adult			
I know and how I can have an orientation visit to the service/hospital I will transfer to for my adult care.			

Please list anything else you would like help or advice with:-

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What one thing do you want to discuss with your diabetes team today?

Thank you

Acknowledgements

Worcestershire Paediatric Diabetes Service would like to thank Marie McGee, Transition Care Coordinator, and her team at Birmingham Children's Hospital for permission to use the Set Up, Get Up, Go materials and adapt them according to service needs.

Date published: Jan 2018 Reference number: WAHT-PI-0461