

TRANSITION CARE CHECKLIST

Ages 8–10:

- Begin to answer questions in clinic
- Why you need to attend clinic every 3 months
- The importance of A1C values and target goals
- What it means to have diabetes
- Why some people have diabetes and others do not
- Importance of testing blood sugar and learning to test blood glucose (if not already)
- How to administer insulin (if not already)
- How the body uses food
- Identify carbohydrates
- How to make healthy food choices using MyPlate (USDA; <http://www.choosemyplate.gov>)
- The causes and symptoms of hypoglycemia and its treatment
- The role of insulin during sick-day management
- Identification of insulin types
- The effect of the school day and scheduling on blood sugar levels
- How sports, outside play, and other types of physical activity affect blood sugar levels and insulin doses
- Role of diabetes distress on diabetes care (continue at every visit until transition)—at this age, “it is not your fault, it is ok to be mad, sad, etc)

Ages 11–12:

- Assume responsibility to check blood sugars on your own at specific times of the day
- Define healthy eating and how it fits into your meal plan. Discuss ways to make healthy choices at school, when eating out with friends, and at other special occasions. Also discuss how to incorporate “occasional” foods.
- Begin to understand how an illness like a cold or the flu can affect your body and blood sugar
- Begin to name insulin types taken, their actions, reasons for taking them, and the proper doses
- How sports (especially practices versus games), play, and other exercise (including gym class) affect your blood sugar levels and insulin doses
- How diabetes affects your school day
- Introduction to drinking, smoking, peer pressure, and diabetes (to continue at every visit until transition)
- Effects of growth, puberty, and sexual development on diabetes

Ages 13–15:

- Answer questions independently in clinic and meet alone with the certified diabetes educator for part of the visit
- Inject insulin/change insulin pump with minimal reminders

- Parents review blood sugar logs and help you think through and double-check insulin doses
- Let parents know when you need medications or supplies
- The significance of A1C, how the choices you make affect it, and how you can change it
- What are urine or blood ketones, what do they signify, and how to test for them
- Discuss the blood tests that are completed each year and why
- Effects of growth, puberty and sexual development, sexual activity, and reproduction on diabetes (continue at every visit until transition)
- The impact of diabetes on driving and the importance of checking blood sugar levels prior to driving

Ages 16–17:

- Independent with monitoring and recording blood sugars
- Independent with all insulin doses without parents reminding you
- Begin to call/e-mail the diabetes team and speak directly with staff if there are changes in your health
- The impact of diabetes on driving, the importance of checking blood sugar levels prior to driving, and steps to take if blood sugar is low prior to getting behind the wheel
- Know health history including major illnesses, surgeries, allergies, and healthcare providers (dentist, eye doctor, psychologist)
- The impact of college, work, and career choices on diabetes management

Ages 18–21:

- Routinely call the diabetes team and speak directly with staff if there are changes in your health
- Carry insurance card to all medical visits
- Discuss insurance coverage until age 26 and after age 26
- Call for all medical refills on own and understand co-pay cost of medications and supplies
- Understand reproductive choices and the impact on your diabetes and overall health
- Discuss long-term complications of diabetes, the need for routine follow-up and tests, and the importance of glucose control into adulthood
- Establish care with a primary care health professional and with an adult diabetes team
- Review the American Diabetes Association guidelines versus the American Association of Clinical Endocrinologists guidelines (<http://www.aace.com/files/dm-guidelines-ccp.pdf>) and the International Diabetes Federation guidelines (<http://www.idf.org/diabetesatlas>) for managing and controlling diabetes