

Differences between pediatric and adult healthcare.

Unlike pediatric care, in adult care appointments:

- You must give permission for another person (e.g., your parent) to attend the appointment.
- You are the one who must speak up to explain your situation, your concerns and answer the doctor's questions about your medical history and treatment.
- You make your own appointments and request refills from the doctor and pharmacist so that you never run out of insulin and supplies.
- Your medical information (e.g., blood test results and pharmacy records) is available only to you and your care team.
- The endocrinologist will primarily care for your diabetes; you must have a family physician for general medical care.
- Adult diabetes clinics do not usually have emergency care. If you have an emergency, you should call 911.

About your treatment, as an adult:

- You make your own choices about your treatment (e.g., doses and timing of insulin) and can ask your parent (or guardian) for help if needed.
- No one will remind you to do your own care and take your medication. It is your responsibility to find ways to remember.

Regarding the administrative aspects, as an adult:

- You are responsible for making insurance claims, filling out forms (e.g. for tax credits and driver's license).
- You must keep and file documents related to your health (e.g. consultation requests, test results, prescriptions).