

## Key steps in the transition to adult medical care

### 14-15 years old



Ask about diabetes and any other medical conditions or allergies you have as well as your family history.



Learn the names of your insulins and doses (insulin-to-carb ratios, correction factor, long-acting insulin or basal rate) and the names of your devices (e.g. pump, pen, needles, blood glucose meter).



Ask your questions to your healthcare team when they come up and ask to attend some of the appointments without your parents (or guardians).



Practice making medical appointments and renewing your medications at the pharmacy.



Carry your health insurance card and first aid kit (containing rapid-acting sugars, blood glucose meter, etc.) with you at all times.



Learn what to do in case of an emergency (e.g. hypoglycemia, hyperglycemia with ketones, sick day, sensor or pump falling off).



At age 14, your parents can no longer access your medical records or come to your appointments unless you consent.

### 16-18 years old



Ask your doctor for a transfer letter (file summary).



Discuss with your doctor the procedures for changing to adult care.



You must have a family doctor for any situation that is not related to diabetes. To get on the waiting list in Quebec: Guichet d'accès.



Ask about managing special situations (e.g., eating out, physical activity, sick days).



Be the main person in charge of your diabetes care (e.g., blood glucose testing, carbohydrate counting, insulin administration).



Get into the habit of downloading and viewing your insulin pump and continuous glucose monitor data before your medical appointments.

## Key steps in the transition to adult medical care

### 19-24 years old



Identify the nearest blood collection center and make your blood test appointments on Clic Santé (in Quebec only).



Ask the new clinic how to make, change or cancel an appointment.



If you need to change pharmacies, choose one from the same banner, so your file will be automatically transferred.



Ask about changes to your insurance coverage if, for example, you no longer live with your parents or are no longer a full-time student.



Ask if and how to contact the healthcare team between appointments or as needed.



Ask the clinic what platform they use to upload data from the pump and/or continuous glucose monitor and how to share your data (share code or invitation).