**Purpose:** Our specialists help teens and young adults with diabetes to transition from pediatric to adult diabetes care.

**Goal:** Patients will be confident and prepared for the move to adult diabetes care.

**Are you ready for adult care? Talk to your diabetes team to see if you are ready to move to adult care if you:**
- Are 18 years or older
- Have had diabetes for at least 12 months
- Have a pediatric endocrinologist now

**Who are the members of the diabetes transition team?**
- Social worker
- Diabetes care coordinator
- Pediatric diabetes provider
- Transition diabetes provider
- Nurse diabetes educator
- Registered dietitian

**What do we talk about?**
- Becoming responsible for your health care (making appointments, refilling prescriptions etc.)
- Insurance coverage
- Education, career and job counseling
- Healthy coping with diabetes and identifying your support system
- Smoking, drugs and alcohol
- Driving
- Sexual health and diabetes

**What is the transition process?**
1. **Pre-transition:** Talk with your diabetes team and family to see if you are ready for the transition.

2. **Transition visits:** Most likely, you will see the transition team twice before seeing an adult endocrinologist.

3. **Post-transition:** Our diabetes transition coordinator will help you make an appointment and send your records to your new doctor.

If you have questions about the Transition Program, please call (614) 722-4425 or email dm.transition@nationwidechildrens.org. Additional information can be found at NationwideChildrens.org/Endocrinology
Young Adult Diabetes Transition Program