

# Get Up

## My transition plan



Worcestershire  
Acute Hospitals  
NHS Trust

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
<b>Knowledge</b>			
I understand the medical terms/words and procedures relevant to my diabetes			
I understand what each of my insulins are for and how my insulin works			
I am responsible for my own insulin at home			
When my Blood Glucose (BG) is out of target range I know my Insulin sensitivity factor (ISF) and can correct back to target range			
I know what each member of the diabetes team can do for me			
I understand the differences between paediatric/child and adult health care services			
I know about resources that offer support for young people with diabetes			

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Knowledge and Skills	Yes I can do this and don't need any extra advice	I would like some extra <b>advice/help</b> with this	Comments
<b>Self advocacy (Speaking up for yourself)</b>			
I feel confident to be seen on my own for some/all of each clinic visit			
I understand my rights and responsibilities to privacy, decision-making, consent and confidentiality			
<b>Health &amp; lifestyle</b>			
I am able to manage my BG testing including recording my BG levels/ download my pump results and use this information to look for patterns and adjust my insulin			
I am able to manage my injections and recognise when I need support to make adjustments to my insulin doses and which insulin/dose that needs change			
I am able to Carbohydrate count all meals including meals at school and when out			
I understand the importance of testing ketones and when to test			
I usually sleep well			
I understand what foodstuffs are good for young people with diabetes			
I exercise regularly/have an active lifestyle and understand what changes to make with my diabetes to manage this			

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<b>Health &amp; lifestyle continued...</b>			
I know where and how I can access providers of reliable accurate information about sexual health			
I understand the risk of drugs, alcohol and smoking to my health			
<b>Daily living</b>			
I can make my own snacks/meals			
I am responsible for particular household chore(s)			
I always carry a BG meter, hypo treatment and ID			
<b>School and your future</b>			
I am managing at school e.g. I know who to go to for support with my diabetes, school work, PE, friends etc			
I know what I want to do when I leave school			
I have had work experience			
I am aware of any potential impact of my diabetes to my education and/or work opportunities			

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<b>Knowledge and Skills</b>	<b>Yes</b> I can do this and don't need any extra advice	I would like some extra <b>advice/help</b> with this	Comments
<b>Leisure</b>			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school hours			
<b>Managing your emotions</b>			
I know how to deal with unwelcome comments/bullying			
I know how to deal with emotions such as anger or anxiety			
I know someone I can talk to when I feel sad/fed-up			
I am comfortable with the way I look to others			
<b>Transfer to adult care</b>			
I understand the meaning of 'transition' and transfer of information about me			
I am aware of the plan for my diabetes care when I move to adult care.			

