Transitioning to Adult Diabetes Care

**From Pediatric Diabetes Care at Seattle Children’s to Adult Diabetes Care at the UW Diabetes Center**

Children’s Diabetes Transition Clinic team has an organized approach to help you learn to navigate the healthcare system on your own. It lets you transition at your own pace and feel comfortable through the process.

**The Program**

Managing diabetes can be stressful. The Diabetes Transition team will:

- Support you
- Address your needs as they come up so that you can find solutions quickly
- Give you education and tools so that
- Take over tasks like making clinic appointments and dealing with insurance
- Independently manage your prescriptions and supplies
- Find support that’s available at your school or in the community

**The goal:**
You will be **confident** and **successful** in your diabetes management.

**The Process**

**Readiness**
You and your healthcare provider begin talking about transitioning to adult care when you are ready.

**Transitioning**
You have appointments at the Diabetes Transition Clinic at Seattle Children’s. Your team: an endocrinologist, a dietitian, an educator and a psychologist. When you and your care team decide you’re ready...

**Adult Care**
You’re ready to manage diabetes on your own with the support of your adult healthcare providers.