

## ‘Moving On’ for Children and Young People (age 0-18 years) with Diabetes

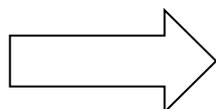
### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### What is ‘Moving On’?

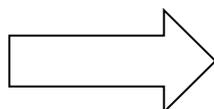
This is a leaflet to explain Moving On of care (also known as Transition) from the North Devon Children and Young People’s Diabetes Service to adult services.

Transition means change. Your teenage years are full of changes. As you grow and develop, you become more independent and responsible for your choices in life. Your healthcare needs and care also change.



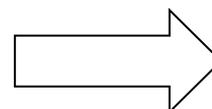
Child

As a child, your parents and the diabetes team take care of your diabetes



Teenager

During your teenage years you need to gradually take on more responsibility for managing your diabetes. Your parents and the diabetes team will help with this.



Young adult

As a young adult you will leave the North Devon Children and Young People’s Diabetes Service and transfer to adult services.

The timing of Moving On varies from person to person, however it is usually between the ages of 16 to 18 years. Your parents and the diabetes team will help you plan a smooth move to adult care, and support you every step of the way.

As you get older you will start to take more responsibility for your diabetes care. Your family and the diabetes team will help support you to learn self-management skills and to gain knowledge. You will make more decisions about your care and we will respect your choices. There is a lot to learn, but don’t worry – you will have lots of time and help along the way.

## Top tips for Moving On

1. Learn how to manage your diabetes. Become skilled at testing and tracking your blood glucose, and adjusting your insulin.
2. Ask and answer questions about your diabetes and how it is treated.
3. Learn the names of your insulin types and other medications, why you need them, how much and how often.
4. Meet with diabetes team members by yourself. You can invite your family to come in at the end, if you wish.
5. Keep track of hospital appointments and prescriptions.
6. Keep in touch with your feelings. Managing change can be stressful at times. It can help to talk to someone you trust or keep a journal.
7. Spend time thinking about what you want in the future. Set some short-term goals that will help you get there and give you confidence.
8. Make healthy eating and physical activity a part of your daily life.
9. Learn how illness affects you and what to do when you are unwell.

## Topics to find out about

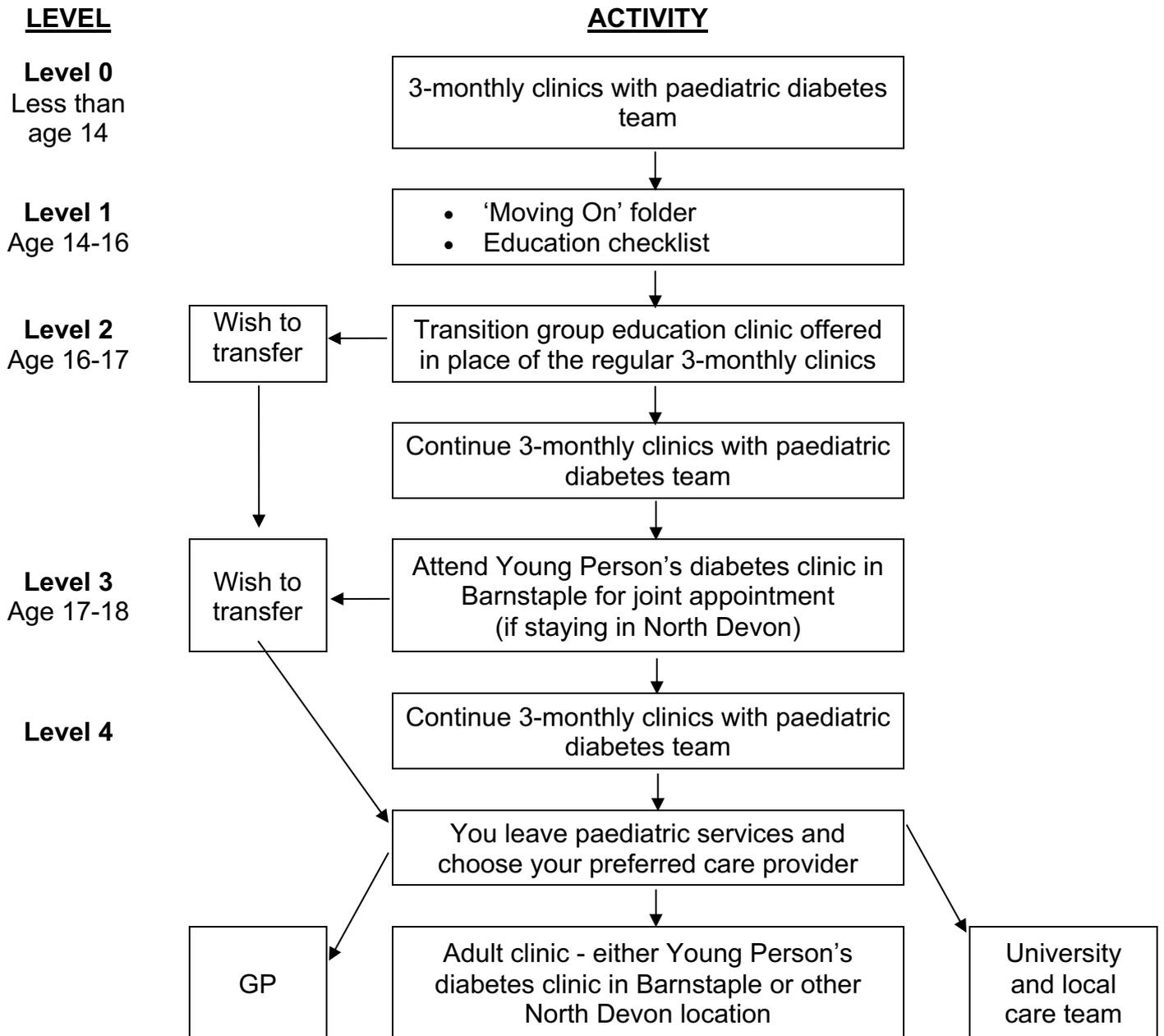
It is really important to ask your family and your diabetes team if you have any questions about your diabetes. Topics might include:

- Driving
- Staying away from home overnight
- Career choices and finances
- Relationships and family planning
- Tattoos and body piercings
- Puberty and menstruation
- Sex and pregnancy
- Alcohol, smoking and drugs
- University life
- Sport and exercise

There are also a range of organisations and charities that may be able to help, including the North Devon Juvenile Diabetes Group and Diabetes UK. The diabetes team can point you in the right direction.

## How is Moving On arranged

The process is illustrated on this flowchart:



## Moving On group education sessions

You will be given the opportunity to attend a group education session. Each session will last 3 hours e.g. 9am-12noon. Staff attending will include members of the paediatric and the adult diabetes teams. They will be based outside of the hospital and will have up to 6 young people per session. The topics discussed will be chosen by the young people, and they will be sent a list of topics beforehand for consideration. There is also an opportunity for individual time with the staff including routine checks such as HbA1c, height and weight.

## Young person's diabetes clinic

There is a young person's diabetes clinic at North Devon District Hospital on Thursday afternoons, once every 3 months. It is for young people aged 16-25 years. There is further information in the 'Young Person's Diabetes Service' leaflet.

## After Moving On

It can be difficult for you and your families to break contact with the children's service once transition has happened. It is important that any questions or concerns are discussed with the adult team.

## Further information

If you have any questions or concerns about transition, please contact:

- Beverly Anderson and Vicki Brown, Clinical Nurse Specialists for the Children and Young Person's Diabetes Service (07920 235237 / 07789 942316 / [ndht.cypdiabetes@nhs.net](mailto:ndht.cypdiabetes@nhs.net))
- Dr Stuart Davison (01271 314112)
- Poe Budge and Kate Smith, Adult Diabetes Clinical Nurse Specialist Team (01271 322726 / [pbudge@nhs.net](mailto:pbudge@nhs.net) / [catherinesmith13@nhs.net](mailto:catherinesmith13@nhs.net))

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

Northern Devon Healthcare NHS Trust  
Raleigh Park, Barnstaple  
Devon EX31 4JB  
Tel. 01271 322577  
[www.northdevonhealth.nhs.uk](http://www.northdevonhealth.nhs.uk)

© Northern Devon Healthcare NHS Trust  
This leaflet was designed by the Communications Department.  
Tel: 01271 313970 / email: [ndht.contactus@nhs.net](mailto:ndht.contactus@nhs.net)