

Transition to the Adult **Type 1 Diabetes** Service

This information is aimed at 16–17 year-olds who are starting to think about moving from the paediatric to the adult diabetes service. This period is known as **transition**. Here we explain what to expect during transition, and in the adult diabetes service.

Timing of transition

When you move from the paediatric diabetes team to the adult team will depend on many things, including what your plans are after leaving school. We would normally transfer your care to adult services around your 18th birthday but will plan this with you and your family beforehand.

Appointments during transition

Handing over your care to the adult team takes place in several steps. From the age of 17 all members of the diabetes team (your nurse, consultant and dietician) will begin to pass on information about you and your diabetes care to the adult team. During your last year of care with the children's diabetes team we aim for you to have two **joint** appointments where you will meet the adult diabetes nurse and consultant at your normal clinic appointments. This will help you to get to know the adult team. Joint clinics don't happen that often, so please do your best to come, and let us know if you can't make it.

Adult diabetes clinics

The adult team hold specific Young Adult clinics in Bath and Chippenham. Adult clinics also take place in Frome, Paulton, Trowbridge, Devizes, Shepton Mallet and Warminster, so there may be options to have your appointments at other places if this suits you better. **Please let us know if this would be the case for you.** The adult team will plan to see you every 3 months. In the adult clinic, parents can continue to come to appointments for as long as feels right, and you're also welcome to bring other people who are important to you.

Technology – sensors and pumps

The funding for any technology that you are using will transfer to the adult service with you, so there won't be any interruption to your supplies. The adult team are experienced in supporting people on a range of sensors and pumps and will talk you through your options whenever renewal is due.

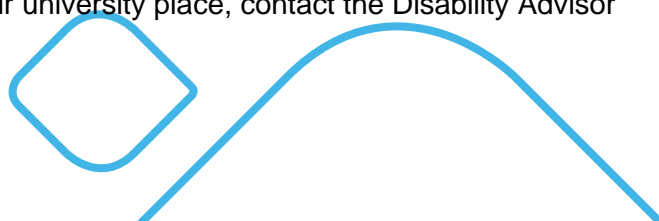
When you transfer to the adult team, we will make sure you have the new clinic codes for Libre and Glooko, so that they can see your sensor, pump or MyLife information in order to support you.

Going away to university?

If you are going away to university, we still encourage you to keep your diabetes care under the Bath area Adult Diabetes team. This means that you know the team before you go away and don't have to change teams when starting university. You can contact your diabetes nurse if you need support while you're away at university. The adult team can schedule appointments for university holidays and may also offer some video appointments if it's difficult to get to every appointment.

We advise changing GP to the University Student Health Service where you are studying, so it's easy to get your diabetes supplies locally. Student Health GPs are also very experienced in supporting general healthcare issues of young adults. The exception is if you're going to university in Wales, where you'll need to keep your local GP – we can discuss this with you if it applies.

As someone with a long-term medical condition, you will be eligible for support from your university to ensure your health needs are met. When you accept your university place, contact the Disability Advisor to see how they can help you.



Getting your HbA1c done

Instead of having a finger-prick HbA1c done when you come to clinic, you will need to have a blood test done about a week before your diabetes appointment. There are two ways you can do this:

- Book a blood test appointment at your GP surgery
- Drop into the Blood Test Room at the RUH (B9) - Mon to Thurs 9.30 – 4pm, Friday 9.30 – 3pm

If you're using a sensor, we can use download information to estimate your HbA1c, but it is good to have at least 2 blood test HbA1c checks each year. One of these can be done as part of your annual review bloods.

Supplies and repeat prescriptions

From 18, you will need to complete an **exemption declaration** at your GP surgery. This ensures all your medicines and supplies are free. Make sure you know how to place a repeat prescription and how long it takes to be ready for you to pick up. **The NHS app** is the simplest way to do this.

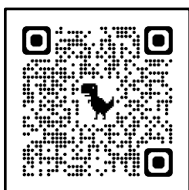
Who do I contact for support?

At your last joint appointment, we will make sure that you have contact numbers and email for the adult diabetes team. Your first point of contact for any diabetes issues will be your Diabetes Specialist Nurse. If you have an emergency, or a problem outside of normal working hours, you will need to phone 111, 999 or attend the Emergency Department at the RUH or a local Minor Injuries Unit.

Where to find useful information

The adult team will get to know you well and will support you with your diabetes in any new situations that you come across. There is also really good information on lots of relevant topics (eg university; relationships; prescriptions, alcohol and many more). We recommend these:

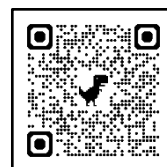
Diabetes UK website: [Diabetes.org.uk](https://www.diabetes.org.uk)
Young Adult pages



Digibete website and app: [Digibete.org](https://www.digibete.org)
Separate pages for 16-18's, and 19-25



And join the **Together Type 1 Community** at [diabetes.org.uk/tt1](https://www.diabetes.org.uk/tt1)



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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.