

# Differences in T1D Care

## PAEDIATRIC DIABETES CLINIC

VS

## ADULT DIABETES CARE

Parents and caregivers are actively involved in your appointments, including decision-making. Gradually, this responsibility will shift to you.

### WHO TAKES THE LEAD?

You will be expected to take full responsibility for your appointments, including raising concerns and answering questions about your diabetes management.

Typically appointments involve your whole family, with longer visits to address growth, insulin needs, and school-related concerns.

### APPOINTMENT STRUCTURE

Appointments are usually shorter and focused on individual health concerns, including diabetes management, work, lifestyle, and other health conditions.

Appointments often include meeting with your full team (endocrinologist, nurse, dietitian, and sometimes a social worker or psychologist).

### HEALTHCARE TEAM & COORDINATION

You will typically only see your endocrinologist, with patients often needing to book separate visits for other members of your team (e.g. dietitian, mental health support).

More frequent appointments to monitor your growth and insulin needs, typically every 3 to 4 months. Bloodwork is often completed on the day of your appointment, either at the hospital's outpatient lab or with your healthcare team.

### FREQUENCY OF APPOINTMENTS

Visits may be less frequent, typically occurring every 6 to 8 months, unless there is a change in your care plan. You are required to complete bloodwork before appointments. Book your next appointment and request your requisition form before leaving!

Waiting rooms are typically filled with children and families and feature colourful decor with toys and books.

### CLINIC ENVIRONMENT

Patients may be a mix of ages, including older adults and those with type 2 diabetes or other conditions.



Once you have transitioned to adult care, your parents or caregivers will need your consent to speak with your care team, access your records, or attend appointments with you.

Source: [Children and Adolescents: Standards of Medical Care in Diabetes—2022](#)

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