

Finding Your Ideal Healthcare Team

Rely on your paediatric team to assist you in finding the right fit based on your individual care needs and preferences. They will begin working with you on transitioning when you turn 16 (or sometimes even earlier!), so let them know what is important to you using the Adult Care Team Checklist.

Adult Care Team Checklist

STAFFING	Very Important	Somewhat Important	Not At All Important
A clinic care team with various clinicians available to meet with you at one location			
A stand-alone endocrinologist's office			
A healthcare clinic that has a dietician			
A healthcare clinic that has a diabetes educator			
A healthcare clinic that has a registered nurse			
A healthcare clinic that has a social worker			
A care team that is stand-alone from your endocrinologist or main healthcare provider			
A clinic that is involved in research opportunities			
CLINIC ENVIRONMENT	Very Important	Somewhat Important	Not At All Important
A care team that values what works best for your diabetes management			
A care team that has an inclusive and comfortable environment			
A healthcare team that understands your goals			
A healthcare team that understands your lifestyle			
A healthcare team that focuses on diabetes-related care that is specific to your life			

APPOINTMENT ACCESSIBILITY	Very Important	Somewhat Important	Not At All Important
A care team that offers virtual appointments			
A care team that allows you to book appointments online			
A care team that meets in-person			
A care team that is located close to your place of work/school/home			
A care team that has a pharmacy on-site			
A care team that has an on-call number			
A care team that can book you in at various times (e.g. morning, afternoon, evening)			
A care team that meets with you every 3 months			
TECHNOLOGY KNOWLEDGE	Very Important	Somewhat Important	Not at All Important
A care team that prioritizes communication and exploring new methods of diabetes management			
A care team that you can share your glucose levels with before appointments through CGM data or other formats			
A care team that is well-rounded in both injection and pump management (certified for pump training)			
A care team that is familiar with new technology, different forms of glucagon, and insulin options			



Asking for a Referral

While you shouldn't be too quick to judge your new healthcare team (it takes time to get to know your new team!) if it doesn't feel like a good fit after approximately four appointments, ask your current provider about referral options. You can also ask for a referral if your care needs change over the course of your life. Make sure to research prospective care teams ahead of time to determine if they are able to meet your care needs.