

# Transition Readiness Check-List

The Transition Readiness Checklist is a tool designed to help individuals assess their diabetes management, and ensure that all key aspects of diabetes care are understood as they move from paediatric to adult care. By using this checklist, you can identify areas where you may need additional support and gain confidence in managing your health as you transition to adulthood.

For each statement, please select the response that best reflects your management knowledge:	I Don't Know This Yet	I Know Some Of This	I Am Well Aware Of This
I know how to carb count.			
I know what to do in the event of a severe low/high glucose. My family/friends know where my glucagon is kept and how to use it.			
I know how to communicate with my care team (email, text, phone).			
I know the names of the medications I take.			
I know when and how to reorder medications before they run out.			
I can call my doctor's office to make or change an appointment.			
I make a list of questions to ask my healthcare team before attending appointments.			
I organize and keep track of my health information (appointments, medications, <u>pump settings</u> , follow-ups, etc.).			
I know how to share my CGM results with my healthcare team.			
I know the importance of asking about new technologies in diabetes care.			
I understand how lifestyle choices can affect my blood glucose (e.g. sleep, alcohol, drugs, food, temperature).			
I understand the rules about driving with type one diabetes.			
I understand how paediatric clinics differ from adult clinics.			
I understand how to adjust my insulin regimen on sick days, respond to ketones, and go to the ER when necessary			
I know how pregnancy and birth control can impact diabetes.			

For each statement, please select the response that best reflects your management knowledge:	I Don't Know This Yet	I Know Some of This	I Am Well Aware Of This
I know how to get blood work done and check my results online.			
I know the impact of alcohol and drugs on my glucose levels, as well as how alcohol impacts the use of glucagon.			
I know how to advocate for myself at doctor's appointments.			
I can describe my diabetes to others and explain my healthcare needs.			
I know where the closest pharmacy to my school/home/work is.			
I know how to understand my blood glucose readings (e.g. what your AGP, time in range, & GMI represents).			
I know the impacts of drugs and alcohol on my diabetes and how to responsibly prepare for a night out.			
I can comfortably disclose my needs to family members, friends, educators, and coworkers when experiencing diabetes-related episodes.			
I can explain my insulin regimen and how to adjust doses based on food or activity.			
I am comfortable navigating health insurance options and understanding my coverage for diabetes-related needs.			
I can handle my diabetes supplies, ensuring I have everything needed at all times.			
I know how to manage my diabetes during travel, including insulin storage and adjustments.			
I can recognize the signs and symptoms of high and low blood sugar and know how to treat them.			
I can explain my medical history and current diabetes management plan to new healthcare providers.			
I can identify when I need help managing my diabetes and feel comfortable reaching out for support.			
I understand the importance of regular eye exams, dental check-ups, and foot care for diabetes management.			
I have spoken with my parents/caregivers about taking on more responsibilities and how they can support me.			

Adapted from: [Transition Readiness Checklist for the Person with Epilepsy](#)