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Now that your child is a teenager, it might be the right time to start thinking about your child's move to an adult diabetes service.

Although the actual timing of your teenager's transfer from paediatric to adult healthcare is a decision you will make with your teenager's diabetes team, it is **never too early** to ask your team about the process and the best timing for this move.

This transition and the shifting responsibility of management **from parent to teenager** may seem daunting. To help you both with these changes, we will write to you each year around your teenager's birthday with information relevant to their current age.

Your role is still very important

Now that your teenager has turned 14, there are many things you can do to help prepare them for their 'transition' to adult healthcare:

- » Talk with them and your paediatric diabetes team about the transition process for your teenager, and when this may occur. Discuss what to expect during this transition.
- » Encourage your teenager to speak with their diabetes team by themselves. To help make this easier, you could have a chat with your teenager about their upcoming appointment(s) to find out what sort of questions they might ask the team.
- » You will always have a chance to speak with the diabetes team yourself, usually after your teenager has spent some time alone with them. This is an important opportunity for the team to hear what you are worried about and provide you with some answers.
- » Understand that what they want to ask may not be what you would ask, but that is okay! If they cannot think of any questions, you may be able to suggest some ideas they may not have considered.

- » If your teenager is not currently using continuous glucose monitoring (CGM) or flash glucose monitoring (Flash GM) now might be a good time to consider whether this is something they would like to try, particularly as they become more independent and are learning more about how different factors affect their glucose levels. Talk to your teenager's diabetes team about how to access subsidised CGM and Flash GM products through the NDSS. Find out more here: ndss.com.au/devices-and-technology.

Helping your teenager stay safe as they grow up

Young people are exposed to all sorts of risks, such as cigarettes, vaping, alcohol and illegal drugs. Concerns about body shape and size are also common for both boys and girls of this age. Stress, anxiety and depression are more common as young people pass through puberty. If you have any concerns, consider talking to your teenager and discuss these concerns with their diabetes team.

Here are some ideas to help keep the lines of communication open with your teenager:

- » Try to avoid giving lectures. Perhaps ask your teenager what other young people at school might be doing and what they think about this.
- » Talk openly about issues like cigarettes, vaping, drugs, alcohol and sexual health. Make sure they know about how diabetes might affect things such as drinking alcohol. Encourage your teenager to ask questions of their diabetes team about these issues.

If you are not comfortable talking about these topics, have a look at the resources for young people with type 1 diabetes on our website at ndss.com.au. You can also ask the diabetes team for resources you can give your teenager, which will explain how issues like this can affect their diabetes as well as their broader lives.

Information about these types of subjects can also be found at ndss.com.au/living-with-diabetes/about-you/young-people.



Feedback and information

If you have any comments on the information you have received, please email us at: ndss@diabetesaustralia.com.au

If you do not wish to receive further correspondence from us, please go to ndss.com.au and update your personal details.

What to do about unsafe activities

If your teenager is already involved in unsafe activities, do not panic — some experimentation is normal. If you have concerns, support is available for your teenager's general health and wellbeing. Keep in mind that it is always important to respect their privacy.

- » Talk to their diabetes team about your concerns and find out what services are available in your area.

- » Talk to your teenager's student welfare coordinator at school about what support is available.
- » Many councils have youth services that offer confidential counselling and support for young people and their parents/carers.
- » Call the NDSS Helpline on **1800 637 700** and ask to speak to a diabetes health professional for more information and support.