

18

Congratulations on your teenager's 18th birthday!

This is a very special milestone for them and your whole family.

Now that your teenager has turned 18, they should have discussed details about their transition to adult diabetes services with their paediatric diabetes team.

The age that young people make this transition varies, so if it has not already taken place, ask when this will occur and how to make the move as smooth as possible.

You have come so far! What now?

Your teenager is now an adult and is now **legally responsible for their own actions**. By now you will have an idea of how ready they are to take on full responsibility for their diabetes management.

Discuss any questions you may have with their diabetes team. If you have been closely involved in your teenager's diabetes care, it may be a good time to make sure their knowledge of diabetes management is as extensive as yours. Encourage them to ask their diabetes team for a 'refresher' course if you or your teenager think this would help. This may prove especially helpful if your teenager is about to move away from home to study or begin work.

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.

Establish the boundaries

Young adulthood can be a difficult time for some people. As they learn to manage **new-found freedom and autonomy**, adding the management of a complicated medical condition into the equation can easily result in their diabetes care being placed in the 'too hard' basket.

When asked about their diabetes management, many young adults report that they would still like their parents or carers to be involved. However, it is important that you and your teenager establish boundaries now that your teenager is an adult. These should be shared with your teenager's diabetes team or doctor.

If your teenager has been using a CGM or Flash GM with a share function, now might be a good time to consider whether you will continue to share their CGM or Flash GM data. There is no right or wrong time for this - it will depend on what feels right for you and your teenager.

Watch for burn-out

Diabetes burn-out occurs when a person with diabetes starts to lose the motivation or willingness to manage their condition. The reasons for diabetes burn-out are complex but we do know that for many young people it can be the result of a lot of frustration and the feeling that they will never get their diabetes as well managed as they would like.

Diabetes burn-out is often associated with feeling down or depressed. If you are concerned about diabetes burn-out, for either yourself or your teenager, talk to the diabetes team. You can also talk to your GP about obtaining a Mental Health Care Plan. This may allow you or your teenager to access Medicare rebates for mental health services. Call the NDSS Helpline on **1800 637 700** and ask to speak to a diabetes health professional for more information and support.

To find out more about how to support your teenager's move into adulthood, go to ndss.com.au/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.

Keep your details up-to-date

Now that your teenager has turned 18, this would be a good time to update their details with the NDSS so that they have their own NDSS card and that all future correspondence can be addressed directly to them.

You can do this — and update or change any aspect of your teenager's current NDSS registration — at ndss.com.au and sign in to **My NDSS**. If you do not wish to receive further correspondence from us, please include this when updating the details.