Children’s Hospital of Wisconsin Diabetes Clinic

Adolescent-Adult Transition Program Curriculum

The goal of this program is to provide anticipatory guidance to prevent declines in diabetes care and control during the adolescent and young adult years. This involves transition from parent controlled to parent supervised and ultimately parent supported diabetes management.

Transition 1

Goal: To provide anticipatory guidance to help prevent declines in diabetes management and care during the adolescent years by promoting parent involvement in their child’s diabetes care.

Overview: This optional class is presented in a casual open discussion format with students who are entering or in 8th grade and their parents. Discussion topics include managing diabetes during adolescence, risk behaviors, developing strategies to deal with peer and school issues, family communication and problem-solving. The Moving On* book is distributed in this class. Discussion is led by diabetes team members, consisting of a psychologist, social worker, and others as needed.

Transition 2

Goals: To provide anticipatory guidance in planning for self-care once the young adult leaves his or her parent’s home.

To help late adolescents and emerging adults maintain or improve their diabetes care while transitioning from high school and pediatric health care to adult care

Overview: This optional class is presented in casual open discussion format with second semester high school juniors, seniors, and their parents. Scenarios related to living independently with diabetes are discussed to promote future planning and problem solving. Discussion is led by diabetes team members consisting of a registered nurse, registered dietitian, social worker or psychologist and others as needed.

* Moving On- reference materials related to living with diabetes for improved self-care. This book is distributed in Transition 1 class, during freshman year of high school, or as needed thereafter. Topics include: basic diabetes care, alcohol use, sexuality, mental health, work and future health care. The transition care plan, transition checklist, healthy history forms, and sick day management recommendations are also included.

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