

Cincinnati Childrens Diabetes Center Transition Guidelines

Most patients transfer to adult care between ages 18-24,
transition plans will be individualized.

- At diagnosis, patients and families learn that diabetes is a lifelong condition
- At early adolescence, *around age 12, patients should be offered alone time* with the physician, nurse practitioner or education team staff.
- *At age 15*, the diabetes care team will work with patients and families to develop a transition care plan that can be updated over time. An annual transition readiness assessment will help direct educational interventions.
- *At age 18*, patients legally become adults. Young adults may provide consent to allow discussion of personal health information with family members.
- All patients, regardless of age are encouraged to involve supportive family, friends and significant others in health care visits and living with diabetes.