



ACHIEVING HEALTH IN EMERGING ADULTS WITH DIABETES PROGRAM

Our Approach to Your Health Care Transition

The Achieving Health in Emerging Adults with Diabetes (AHEAD) Program is a multidisciplinary program in place at both Seattle Children's Hospital and the University of Washington Diabetes Institute. We are a team of pediatric and adult providers that specialize at working with emerging adults and help you move smoothly from pediatric to adult diabetes care. In pediatric care, parents or caregivers make most choices. In adult care, you will make your own choices. We will work with you and your parent or caregiver over several years to prepare for the changes related to your medical care.

Between the ages of 15 and 17, you will be invited to join the AHEAD Program at Seattle Children's Hospital, which will help you and your family begin the preparation for your transfer to adult diabetes care. Around this time is when you will also start to practice spending time with your care team without a parent or guardian present. Over time, we will help you build independence with health care choices.

While in the AHEAD Program, many emerging adults continue to involve their parents and caregivers in health care decisions even after becoming a legal adult at age 18 years. However, we as your medical team will no longer be able to discuss your health care with parents or share any personal health information without your written approval. We will discuss this with you in clinic as you approach age 18. If you have a condition that requires someone helps you make health care decisions, we will work with you and your caregivers to ensure options are in place for supported decision making.

The transition from pediatric to adult diabetes care is different for everyone and we will support you through the process that works best for you. We realize that many 18-year-olds may require ongoing support around diabetes self-management and health care navigation even after transitioning to an adult diabetes provider. After turning 18-years-old but no later than age 21, your AHEAD Program pediatric diabetes provider at Seattle Children's Hospital will develop a transfer summary with you and your family and help transfer your care to an AHEAD Program adult diabetes provider at the University of Washington Medicine Diabetes Institute. This will allow you to remain in the AHEAD Program, so you can continue receive tailored support as you navigate major life events including possibly living on your own, starting a new job, or completing a college education.

Our AHEAD Program works hard to ensure that emerging adults like yourself are well prepared and able to be transferred to an adult diabetes provider by their early 20s, if possible. After working towards independence with your AHEAD Program diabetes care team at the University of Washington Medicine Diabetes Institute, we will begin discussing transferring your care to an adult diabetes provider of your choice, which can be at the University of Washington Medicine Diabetes Institute or at another adult diabetes practice. We will help you with this transfer process that includes finding an adult diabetes provider, updating your transfer summary, and talking about your care needs with your new adult provider.

We look forward to supporting you over the coming years!