



Building Up Independent Lives for Teens – B.U.I.L.T.

YOUNG ADULTS WITH DIABETES TRANSITIONING TO ADULTHOOD PROGRAM

- **Structured, evidenced-based curriculum for young adults.**
- **In-person or virtual clinic appointments at multiple locations by a Pediatric Clinical Nurse Specialist (APRN).**
- **A co-pay may be required depending on insurance.**
- **Some of the diabetes-specific transition topics:**
 - Step-by-step approach to managing your own diabetes health care.
 - Preparing for life after high school: GED/Career or College.
 - Addressing diabetes distress and burnout.
 - Roommates/living alone.
 - Managing your prescriptions & understanding insurance.
 - Social risk-taking and diabetes.
- **Program Requirements: 16+ years old; type 1 or 2 diabetes.**
- **Time commitment - Appointments will be in-between your regular diabetes visits. Frequency of appts will be designed around your schedule and individual needs.**
- **There may be an opportunity to work with Nemours therapy dogs/mini horses during some visits.**