Navigating the Transition to College

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Goals of the Panel

• To address what parents can expect and how they can prepare for their teenager’s transition to college

• To guide parents in moving from being in charge to playing more of a supportive role
Emerging Adulthood

21 years old in 1970

• Married
• Parent or Expecting
• Education completed
• In a career

21 years old in 2004

• Not married until late 20s
• No children until late 20s early 30s
• Education ongoing
• Changing employment and residence

Management Challenges in the Young Adult

• Shift of support group away from family and towards self and peers

• Loss of support by pediatric diabetes team and shift to different care model

• Feeling of invincibility and participation in high-risk behaviors
  — Alcohol, illicit drugs, driving, sexual activity

Additional Challenges

• Shift of geographical locale
  – Makes it hard to continue with current provider

• Potential loss of insurance
  – Driven by employment and schooling gaps

• Life’s competing demands
  – Diabetes can take the backburner
Psychosocial Issues

• Negotiating self-identity and diabetes
• Reassessing parent and young adult roles in management (increased conflict?)
• Managing other life stressors
• Potential depression/anxiety/distress
• Keeping diabetes on the radar
Other Stressors?

• What are some concerns that have come up for you?

• Any stressors we haven’t hit upon?
Transitioning from Pediatric to Adult Providers

• Age of transfer varies
  – Ranges from 15.9 to 21+ years of age
  – 47% of 18-20 year olds have changed to an Adult Provider
  – 77% of those 21 or older have changed to an Adult Provider

• Many young adults stay in pediatric clinics
  – Roughly 37% of 18-25 year-olds

• Insurance is a big problem
  – 22% of young adults with disabilities uninsured

Helping your Teen Transition

• Diabetes control can worsen in the early years of emerging adulthood (17-19 yo) and may reflect the challenges young adults face

• Diabetes management was better for youth with greater confidence on their diabetes care abilities

Tackling the Transition

• Have a plan that you are comfortable with
• Transfer diabetes care responsibilities from the parent to the teen
  – Teaching skills is best when supervised
  – Just like when you taught diabetes self-management skills, you can teach dealing with insurance, etc.
  – Let them try. If they fail, you are there
• Keep the lines of communication open

Transitions: Online Tool

www.YourDiabetesInfo.org/transitions

NDEP has assembled materials to help teens with diabetes and their families as well as health care professionals involved in their care to make as smooth a transition to adulthood as possible.

The time period of transition from teenage years to adulthood can be stressful for teens with diabetes and their families. Teens need to gradually assume more responsibility for diabetes self-management and to make more independent judgments about their health care needs. At the same time, diabetes care teams change—from pediatrics to an adult health care team. Insurance coverage may change or be lost as young adults are no longer covered by family plans.
Transitions: Checklist

Pediatric to Adult Diabetes Care Transition Planning Checklist

This checklist helps the health care provider, young adult, and family discuss and conduct transition planning. While a variety of circumstances will affect the actual timing when this transition occurs, below is a suggested timeline and topics for review. The young adult, family, and health care provider can obtain a copy of this checklist and access numerous online transition resources at the NDEP website (location to be announced).

- 1 to 2 years before anticipated transition to new adult care providers
  - Introduce the idea that transition will occur in about 1 year
  - Encourage shared responsibility between the young adult and family for:
    - Making appointments
    - Refilling prescriptions
    - Calling health care providers with questions or problems
    - Making insurance claims
    - Carrying insurance card
- 6 to 12 months before anticipated transition
  - Discuss health insurance issues and encourage family to review options
Transitions: Resource List

Transition Resources - Pediatric to Adult Health Care

- Type 1 Diabetes in College
- Preventing Hypoglycemia and Hyperglycemia Crises
- Diabetes Education and Self-Care
- Emotional Health
- Motivation
- Other Diabetes Topics to Help Young Adults Become Independent
- Find a Physician, Diabetes Educator, Dietitian, or Education Program
- Visits to an Adult Care Physician
- Health Insurance
- Health Care Professional Resources
- Non-Diabetes Related Transition Resources
- Parent Resources
- Participation in Research
- Spanish Language Resources
- Transition Workbooks, Checklists & Guides

Type 1 Diabetes in College
- Juvenile Diabetes Research Foundation – Type 1 Diabetes in college
  This site includes information on:
  - Telling your roommate about diabetes
Other Helpful Transition Websites

- JDRF has a great website for Students and advice for Parents
  - http://jdrf.org/life-with-t1d/college/
- College Diabetes Network
  - Online support to help students with type 1 diabetes transitioning to college
  - Information and resources for parents
  - www.collegediabetesnetwork.org