

Transitioning to an adult diabetes health service

Transition

As you approach adulthood, it is important to think about your future diabetes care. This brochure contains information about the transition from Perth Children's Hospital (PCH) to adult diabetes services.

Your options – public or private

Public

There are four young adult diabetes clinics within major public hospitals offering specialist diabetes services. The cost to attend these clinics is covered by Medicare. These clinics have specialist staff including endocrinologists, diabetes educators and dietitians. Social workers and psychologists are also available if required. Other specialist services are also

Fiona Stanley Hospital

Outpatient Clinic 8
102 - 118 Murdoch Drive, Murdoch
(08) 6152 2222

Rockingham Diabetes Service

Opposite Rockingham Hospital
Elanora Drive Coolesongup
(08) 9599 4697

Royal Perth Hospital

Diabetes Outpatient Centre
196 Goderich Street, Perth
(08) 6477 5213

Sir Charles Gairdner Hospital

E Block, first floor
Hospital Avenue, Nedlands
(08) 9346 2467

available via referral.

Private

You may otherwise choose to see a private practicing endocrinologist. There are many around the metropolitan area and a few visit country areas. They are not fully covered by Medicare and therefore you may need to pay a gap payment. A private endocrinologist can also refer you to diabetes educators, dietitians and psychologists that work privately.

What happens next?

We will discuss your options with you and help you choose the best option for your needs. The PCH endocrinologist will then write a referral letter to the diabetes clinic or private endocrinologist with the aim of you receiving an appointment at the new clinic within three months.

GP



It is important for us to know who your GP or family doctor is. You should see your GP for general health problems. We need to have your GP details so we can inform your new diabetes clinic or specialist.

Screening tests for diabetes complications

The risk of diabetes related complications increases with duration of diabetes. So continued screening for complications is very important. Here's a list of the important screening tests:

Test	How often	Reason
Eye (retinal examination)	Every two years	Checks for retinopathy (eye blood vessel damage)
Weight	Every three to six months	Maintaining a healthy weight will improve diabetes control and prevent heart disease
Kidney function (microalbumin)	Annually (urine test)	Prevention and detection of kidney disease
HbA1c	Every three to six months (blood test)	Checks blood glucose control
Blood pressure	every six months	Prevention of cardiovascular disease
Blood lipids	annually (blood test)	Keeping cholesterol low is good for blood vessels
Foot examination	Periodically as you get older	Early detection and prevention of neuropathy (nerve damage)

Ambulance cover

The service of an ambulance can be very expensive if you are not covered by private health insurance. Do you have your own private health insurance/ambulance cover or are you covered under your parent's policy?

Once you start full time work and/or when you move out of home you will no longer be covered under your parents' health care policy. It may be useful to take out your own private health insurance if this is the case.

A good way to address this is to ask a private health insurer about the cost of ambulance and healthcare cover so you can take out insurance that is right for you.

Diabetes checklist

- Are you up to date with your screening?
- Do you have a medic alert bracelet?
- If you are on a pump, do you know when you are due to have your pump upgraded? (After about four years in most cases)
- Have you applied for your own Medicare card?
- Do you have a local GP or family doctor?

Useful resources

PCH Diabetes and Endocrinology department: (08) 6456 2222 (ask for endocrinology and diabetes)

Diabetes information:

- <http://www.diabeteswa.com.au>
- <http://www.diabetesaustralia.com.au>
- <http://www.ndss.com.au/>

Juvenile Diabetes Research Foundation

- <http://www.jdrf.org.au>

Driving

- <http://www.ndss.com.au/en/Health--Wellbeing/Driving/>

Sport

- http://www.ausport.gov.au/ais/nutrition/factsheets/special_diets/diabetes_and_sport_s_nutrition

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- <http://www.ndss.com.au/myd/>

Nutrition

- <http://www.glycemicindex.com>
- <http://www.calorieking.com.au>
- <http://www.coeliac.org.au>
- <http://wa.coeliacsociety.com.au>

Mental health

- <http://www.diabetescounselling.com.au/>
- <http://www.beyondblue.org.au/index.aspx>

Drugs and alcohol

- <http://www.quit.org.au/>
- <http://www.ndss.com.au/en/About-Diabetes/Youth/Re-sources-for-Type-1/>

Pregnancy

- <http://www.ndss.com.au/myd/>

This document can be made available in alternative formats on request for a person with a disability.

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Government of **Western Australia**
Child and Adolescent Health Service

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