







**Dealing with Challenges** 



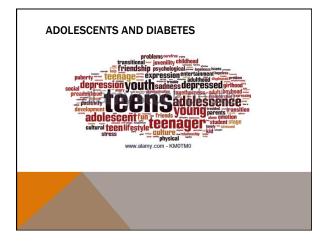


## Transitioning to adult endocrinology.

- Get a medical release form if over 18
- Young adult clinic - Start the conversation early
- Start having some one on one visits with their provider When are they ready?

## **QUESTIONS?**





	Early (10-13 y0)	Middle (14-16yo)	Late (17-21yo)
Physical	Rapid phys	sical changes	
Social/ Emotional	Struggle with identity     Worries about being     normal     Conflict with parents     Desire for Independence     Moodiness     Rule and limit testing     Greater interest in privacy	Self-Involvement     Continued adjustment to     changing body and worries     about being normal     Drive for Independence     Peers gain Importance	Firmer sense of identity     Increased emotional stability     Increased concern fo others     Increased independence and self reliance     Peer relationships     remain important
Cognitive	Concrete thinking     Limited thought to future     Low impulse control	<ul> <li>† ability for abstract thinking (but still limited/ stress)</li> <li>Greater capacity to set goals</li> </ul>	<ul> <li>Ability to think ideas through</li> <li>Increased concern fo future</li> </ul>

# ADHERENCE

#### Social context

Places they are out, places they are eating, peers

Management responsibilities

Shift from parent to teen (desired by teen, but not desired)

Important for future health but complicated by adolescence

Need for increased insulin due to puberty Limited thought to future health risks ("I don't feel sick")

Fatigue from care of chronic illness

## ADHERENCE (SELF EFFICACY TAKES TIME)

### Feedback and Supervision are important (medical team)

- Behavioral interventions
- Visual cues/reminders Reinforcements (need consistency)
- Cognitive Behavioral therapy

## Communication and support

- Independence does NOT equal no parental involvement
- Not nagging, but problem solving