







Dealing with Challenges



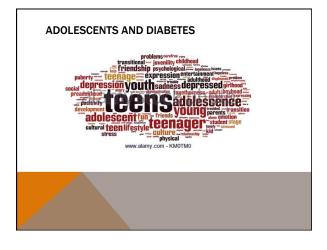


Transitioning to adult endocrinology.

- 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	 † ability for abstract thinking (but still limited/ stress) Greater capacity to set goals 	 Ability to think ideas through Increased concern fo future

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