

IN HIGH SCHOOL OR COLLEGE? THE SHIFT PROGRAM IS FOR YOU!

This program will guide you through shifting from pediatric to adult endocrinology care by providing skill-based learning ahead of time and hands-on support when the time comes.

When and why to shift to adult care?

Shifting to adult care is a crucial step in the healthcare journey of teens and young adults with diabetes. Our pediatric diabetes specialists are able to provide care for you until one of the following life milestones is met: you turn 22, graduate from college, move out of the house permanently, get married, and/or become pregnant/have a child. Once any of these life milestones are met, you need to transition to the specialized care and support offered by adult endocrinologists. By making this shift, you can continue to receive comprehensive and tailored diabetes management as you move into adulthood.

How?

Our Shift program aims to empower you with skill-based learning built into routine follow-up care. By utilizing the program's scripts, you learn valuable skills to navigate the health care system. Shift provides a step-by-step guide to inquire about insurance coverage, refill prescriptions confidently, schedule appointments with adult endocrinologists, and discuss your unique healthcare needs and preferences during appointments. These scripts emphasize the importance of taking an active role in diabetes management, fostering a sense of responsibility and empowerment. Then, when the time comes to shift to adult care, we offer hands-on help.

What skills will I learn?

- **Insurance Coverage Review:** Picking an adult endocrinologist that is in-network and seeing whether any referrals or pre-authorizations are required.
- **Scheduling appointments:** Calling the adult endocrinology clinic or doctor's office to schedule your first appointment.
- **Gathering medical records:** including lab results, treatment plans, and diabetes management history.
- **Self-Advocacy:** crucial skills to ensure that your needs, concerns, and preferences are effectively communicated and addressed.