

How ready are you for transition to adult diabetes care?

Transition Readiness assessment for Emerging Adults with Diabetes Diagnosed in Youth

Listed below are some knowledge or skill items that are useful in keeping you healthy with diabetes over your lifetime. This is not a test. There are not right or wrong answers. Please try to answer honestly. Be sure to ask your provider if you need more help in any of these areas.

Email Address:

Date survey completed:

Knowing the facts about diabetes (Knowledge) I am able to:	Yes, I can do this	Somewhat, but I need a little practice	No, I still need lots of practice	I plan to start	Haven't thought about it
Explain what a Hemoglobin A1c (HbA1c) means					
State my target HbA1c					
Teach a friend or roommate about signs of hypoglycemia					
Teach a friend or roommate about treatment of hypoglycemia, including use of Glucagon					
Tell someone how alcohol effects blood glucose					
Explain long-term impact of tobacco on heart health in people with diabetes					
Taking care of diabetes on my own (Navigation) I am able to:	Yes, I can do this	Somewhat, but I need a little practice	No, I still need lots of practice	I plan to start	Haven't thought about it
Identify a hospital for emergency care					
Identify a primary care provider (one main health care provider I see for all my medical needs other than diabetes)					
Find out accurate information about diabetes (through support groups, websites, ADA, JDRF, etc.)					
Insulin/Diabetes Management Skills (Insulin Management) I am able to:	Yes, I can do this	Somewhat, but I need a little practice	No, I still need lots of practice	I plan to start	Haven't thought about it
Give my own insulin with a syringe, pen or pump					
Determine my insulin dose according to blood glucose					
Determine my insulin dose according to what I am eating					
Diabetes Management (Health Behaviors) I am able to:	Yes, I can do this	Somewhat, but I need a little practice	No, I still need lots of practice	I plan to start	Haven't thought about it

Count carbohydrates and know where to look for carb information					
Test blood glucose values before each meal and when having symptoms of low glucose values					
Respond to positive ketones					
Describe strategies to prevent low and high blood glucose values when exercising					
Insulin Pump Skills (answer <i>only</i> if you use one) I am able to:	Yes, I can do this	Somewhat, but I need a little practice	No, I still need lots of practice	I plan to start	Haven't thought about it
Change infusion sets and fill insulin reservoirs					
Use dose calculator in pump					
Recognize if the pump or infusion set is not working					
Administer insulin by injection if pump is not working					

2025 Learning Topic

Do you have Type 1 Diabetes or Type 2 Diabetes? _____

How long have you had diabetes? (Circle one): <1 year 1-5 years 5+ years

Pick one topic from the survey above to learn more about this semester

What will you learn about this coming school year?