# **Adolescent and Young Adult Diabetes Program**

The Adolescent and Young Adult (AYA) Diabetes Program is a joint program between Seattle Children's Hospital and the UW Medicine Diabetes Institute. Our team of pediatric and adult providers specialize in working with adolescents and young adults with diabetes and their families.

Our AYA Diabetes Program uses an organized approach to support your transfer to adult diabetes care and helps you learn to navigate the healthcare system on your own. We let you move at your own pace and feel comfortable through the process.

## The Program



## **The Process**

#### Readiness

You and your pediatric diabetes provider begin talking about joining the AYA Diabetes Program in your mid-teens.

#### **AYA Diabetes Program**

Your team will include an endocrinologist, dietitian, social worker, diabetes educator and psychologist. We will spend time during visits without your parent or caregiver in the room to help you set goals and learn how to take charge of your own healthcare.

We recommend transferring your care to an adult diabetes provider either in the AYA Diabetes Program at the UW Medicine Diabetes Institute or to another adult endocrinologist after turning 18, but no later than age 21.

**UW** Medicine

DIABETES INSTITUTE

### Adult Care

You're ready to manage diabetes on your own with the support of your adult healthcare providers.



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