Child and Adolescent Diabetes Program Transition Policy

The Children's National Hospital (CNH) Diabetes Program is committed to helping our patients make a smooth transition from pediatric to adult health care. Transition is a planned process that occurs over several years. The transition process includes education and skill building that increases diabetes self-management. To prepare, most patients between 16 to 18 years of age will start to have some clinic visits using an adult model of diabetes care, where they will become the primary decision makers in their health care and may be seen alone for part of their visit. The actual transfer of care to an adult diabetes care provider may take place later. We respect the preferences of youth and families regarding the timing of the transfer to an adult diabetes care provider and expect this to occur between 18 and 21 years of age. According to CNH policy, all patients are expected to transition from CNH to an adult care provider by the time they are 22 years old.

The CNH Diabetes Program provides our patients with ongoing resources to help them take increasing responsibility for their own health care to the best of their abilities. We help patients identify an adult diabetes care provider and recommend they have a confirmed appointment before their final appointment with us. We provide patients with 6 months of refills after their last visit at CNH. If further refills are requested, an additional appointment at CNH will be required. If you are unable to establish follow-up with an adult diabetes care provider, please notify us so we can connect you with someone on our social work team who can help. If a young adult patient has not been seen at Children's National within the past 12 months, we are unable to refill any prescriptions.

At age 18, according to HIPPA, young adults are the sole decision makers about their care and sharing their personal health information requires their consent. Changes to this approach require the signed consent of the young adult, legally valid custodial care or power of attorney documentation, or a formal guardianship arrangement.

We look forward to supporting you and your young adult in the diabetes healthcare transition as part of a lifelong preparation for a successful and healthy adult life.

Patient signature: _____ Date: _____

Caregiver signature: _____ Date: _____

Updated 2/2025