

Moving on... with Diabetes: Transition Education Program for Parents/Caregivers of Youth/Young Adults with Diabetes

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Background: Parents^a want to ensure their child “lands safely” in the adult care world and as a result must be part of the preparation and integration phases for successful transition. They also have specific needs that should be addressed as the actual transfer of care approaches.

Aim: To meet the need of parents in the development of an information module, we articulated overarching principles, as follows: content must be needs-based, include first-voice experiences and information about NS's transition processes and materials with a clear understanding of the parents' role throughout transition, be developed for delivery/facilitation by interested health care providers and/or parents, and encourage engagement and interaction.

Methods: A telephone interview guide was developed, using 16-questions. Interviews were conducted with 7 parents. Eight themes emerged forming the basis for the information module: feelings experienced, issues and concerns about transition, questions parents have about transition, what parents need to know, what parents need to do, perceived support needs, perceived supports available, and wise words for health care providers. A two-part module was created. Part 1: Awareness for parents of youth ages 13 -15; Part 2: Facilitated session for parents of youth/young adults ages 15-18. Supporting materials include a facilitator's guide, participant materials, slide decks, learning aids, and social media posts.

Conclusions: First voices of those interviewed were essential in shaping the content of our sessions. The 1st session was delivered in spring 2016 with revisions pending. This information module will be made available across NS starting in the fall of 2016.

^aParents/Caregivers

On behalf of the DCPNS Transition Project Coordinator Advisory Group

Presented at the CSEM/CDA Professional Conference and Annual Meetings, Ottawa, Ontario, October 26-29, 2016.