Pediatric Diabetes Pathway to Independence
Ages 18+

Fostering independence in diabetes care takes time.
Pathway = Tips!
See 2 minute videos below for each stage of your journey.

Health Insurance
Ask to meet with a social worker for insurance planning at 18
Get a part-time job with benefits

If possible, stay on parents insurance until you’re 26

Learn more by visiting collegediabetesnetwork.org/insurance or by scanning the QR code.

Transitioning to Adult Care
It is time to take charge of your diabetes care!

How is the adult diabetes clinic different from the pediatric one?

Getting a Job/Going to College

Now what? Check out these resources made by young adults with type 1 diabetes.

Tips for healthy food choices and exercise while away from home.

UF Health
Shands Children’s Hospital

PEDIATRIC ENDOCRINOLOGY
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Visit t1dtoolkit.org for diabetes education and support.
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