

# **Home video visits young adults with type 1 diabetes transitioning to adult care**

## **What are home video visits?**

Home video visits or e-visits are appointments that you have with your doctor and your health care team over video. They are just like regular appointments except you are able to connect with your team with a video and microphone enabled personal device of your choice such as a smart phone, tablet or computer.

## **Why might home video visits be useful for me?**

Transitioning to adult care can sometimes be challenging particularly if you are moving away for school or work and may not be able to come to the diabetes clinic for in-person appointments. Home video visits will allow you to have an appointment with your health care provider at a location of your choice.

## **What do I need to access home video visits?**

You will need an internet enabled device with a microphone and webcam such as a personal computer, smart phone or tablet and an active email account. If you currently use email and have access to the internet, you have the skills to do a home video visit. Please see the pamphlets *Your e-visit Appointment* and *OTN a quick guide to your e-visit* appointment for more details.

## **If I choose to have home video visits, do I still come to in-person appointments?**

Your diabetes care team at The Children's Hospital of Eastern Ontario will refer you to an endocrinologist and diabetes care team at one of the hospital based adult-care diabetes programs when you are ready to transition. Our goal is for you to have at least 4 visits with your adult care team in the first year after you transition. If you choose to have home video visits as part of your adult diabetes care, home video visits will be incorporated into your care plan for your first year of transition as follows:

- **Joint Home Video Visit** with pediatric and adult diabetes care team. This appointment will occur prior to your first visit in adult diabetes clinic and is an opportunity to introduce you to your new team and ask questions about the adult clinic.
- **Adult Diabetes Clinic Visit 1:** This will be an in-person appointment at the diabetes clinic. You will meet your new endocrinologist and your new diabetes team.
- **Adult Diabetes Clinic Visit 2 (3 month):** Home video visit with your endocrinologist. You may also access your team between endocrinologist visits by home video visits.
- **Adult Diabetes Clinic Visits 3 and 4 (6 and 9 months):** Home video visit or in-person visit with your endocrinologist. You may access your team between endocrinologist visits by home video visits.
- **Adult Diabetes Clinic Visit 4 (12 months):** In-person visit with your endocrinologist. You may access your team between endocrinologist visits by home video visits.

If you would like to continue with HVV after your first year of transition, you may discuss continuing with the program with your healthcare team.