

# GReaT groups (Getting Ready for Transition):

## Supporting transition to secondary school for children and parents living with diabetes

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### Little is known about the impact of transition to secondary school in children with type 1 diabetes and their families

- Transition is a complex process that requires children to adapt to multiple emotional, social, organisational, cognitive and systemic changes.
- Very few programmes for children and their families are available to explore concerns and challenges faced during this period.

### The GReaT Programme helps young people with diabetes get ready to go to secondary school

- Explores concerns during transition to secondary school.
- Provides opportunities to meet other families.
- Shares ideas and helpful responses to transitioning to secondary school.

### 8 families trialled the intervention

- 8 Families of children aged 10-11 years old seen in a tertiary diabetes service in London, England attended the first groups in 2016.

### The GReaT programme was improved based on feedback

- Parents attend a 2 hour workshop in January 2017.
- Talks on school care plans, secondary school meal management and experiences of successful transition are given by a multidisciplinary team.
- 16 young people and parents attended the workshops in July 2017 before moving to secondary school in September.

Young people create a 'School Bag of Life', filled with their strengths, abilities and skills to manage the secondary school transition.

Parents share their experiences and ideas, building a resourceful and supportive community.

**Recognising** symptoms of hypoglycaemia and hyperglycaemia.

**Evaluate** the effect on learning.

**Demonstrate** the ability to treat BG effectively.

**Reflect** on hopes and dreams for secondary school.

**Explore** everyday challenges and specific diabetes concerns.

**Identify** strategies that help.

**Discuss** preparation for secondary school.

**Practical** session over lunch in a canteen to practice carbohydrate counting at lunch and break times.

### Families talked about their experiences

Good for my child to meet other T1 and help them grow in confidence and ability.

Meeting other people with diabetes and making new friends.

Installing independence in children.

Talking to other families in the same situation.

Opportunity for children to discuss thoughts and feelings with peers at this period of transition. Very useful to trade info/tips with other parents with the support of the psychology team.

