Dear patient, parent or carer

We know that there are lots of things to think about when you come to clinic. It can be difficult to remember all the issues you want to discuss at the appointment, so we have made a list of the frequently asked questions. If you want to focus on any of these today, please put a ✓ next to them.

There is also a space for you to add things which aren’t on the list.

**Place a tick against the item you would like to discuss**

|  |  |
| --- | --- |
| **✓** | **Children aged 16 to 19** |
|  | * Moving to the adult clinic
* University and moving away
* Travel and time zone changes
* Alcohol/drugs
* Learning to drive
* Carbohydrate counting
* Low sugars
* High sugars
* Contraception/sex
* Stress
* Feet/eyes
* Eating out/fast food
* Pumps
* Body image concerns
* Injections and school
* Structured education
 |
|  | **Do you think it would be helpful to you to have some psychological support?**  |
|  | **Is there anything else you would like to discuss? If so, please fill in this box.** |