

# Confidentiality

## Information for Parents and Carers

When your teenager was younger all of the discussions about their health and diabetes were directed at you. As your teenager is now getting older and will be leaving paediatric care within the next few years, it is important for them to have part or all of their consultations with their doctor and other members of their diabetes team, without you being present. It is also important for your teenager to start developing confidential relationships with their diabetes team.

This doesn't mean that your teenager is being encouraged to keep information from you. On the contrary it is very important that parents and carers have open and honest communication with their teenagers.

We want to make your teenager feel comfortable to discuss any issues with the health team and to assure them that what is discussed will stay confidential. Once your teenager is attending all consultations with their diabetes health team alone, the team will not be allowed to discuss specific health issues with you without their permission.

The only time the diabetes health team can disclose confidential information about your teenager is when they think your teenager **may be at risk** of:

- harming themselves
- harming someone else, *or*
- being harmed