

The background features a large, faint watermark of the University of Delaware seal. The seal is circular and contains the text 'UNIVERSITY OF DELAWARE' around the perimeter. In the center, there are two open books. The left book is labeled 'GRAMM', 'PHILOL', 'RHETOR', and 'ETHICA'. The right book is labeled 'METAPH', 'LOGICA', 'MATHEM', and 'PHYSICA'. Below the books, the year '1743' is visible.

Parental Readiness and Letting Go in the Transition to College with T1DM

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Disclosure

- The authors of this presentation,
 - Michelle Ness, Doctoral Student at the University of Delaware
 - Jennifer Saylor, Assistant Professor at the University of Delawarestate that there is no conflict of interest and there was no sponsorship or commercial support given to the authors regarding this presentation

Objectives

- The learner will be able to:
 - identify concerns specific to parents as they transition their emerging adult T1DM to college.
 - identify gaps in the literature surrounding parental readiness to let go of their college bound emerging adult with T1DM.
 - describe the factors that lead to positive transition from parent of adolescent with T1DM to parent of emerging adult with T1DM.

Transition

- Transition is the “passage from one state, stage, subject, or place to another”.^{1,2}
- For parents, a major transition occurs as they move from being the parent of an adolescent to being the parent of an emerging adult stage.^{1,3}



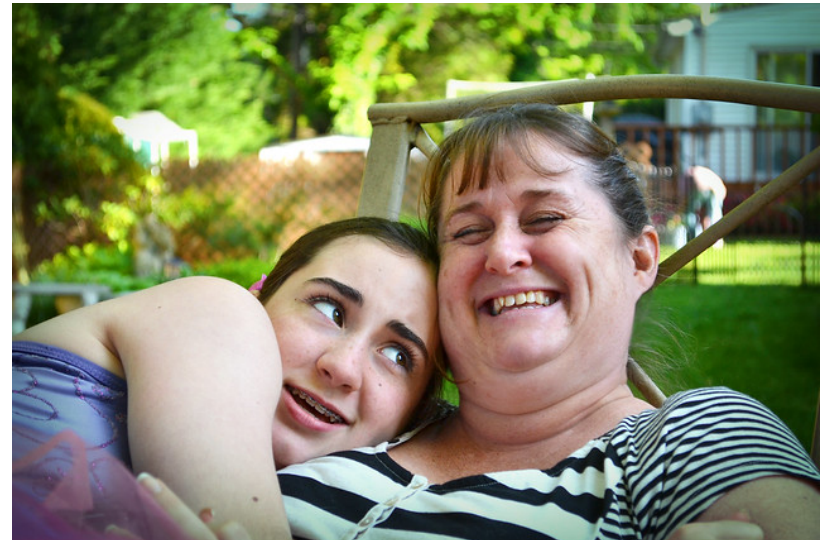
A Time of Great Change

- Families experience great change during this time.
- Emerging adults are striving for independence.
- Parents are adapting to their new role.
- Families who are not able to adapt are at risk.



From Parent of Adolescent to Parent of Emerging Adult

- Parental transition may occur simultaneously with the young adult's transition to college.
- Lack of resources may lead to parental inability to transition to the next stage of life.^{3,4}



Type 1 Diabetes Mellitus: A Complicating Factor

- Type 1 Diabetes Mellitus (T1DM) may make this transition more complicated for parents.
- Parental support is paramount in attaining and maintaining optimal glucose control.⁵⁻⁷
- Emerging adult must take increasing responsibility for self-management.⁵⁻⁷



Transition to College with T1DM

- Parents of college-bound emerging adults have additional concerns related to T1DM including:
 - Risk for poor glycemic control
 - Loss to follow up care
 - Acute complications
 - Psychosocial issues
 - Sexual and reproductive health issues⁸

Purpose of this Review

- Heightened concern may complicate a parent's ability to successfully prepare themselves to transition their parenting role therefore, the purpose of this review is:
 - to map existing research
 - identify gaps in the literature
 - inform recommendations for future research about parental readiness to transition as their emerging adult with T1DM goes to college.

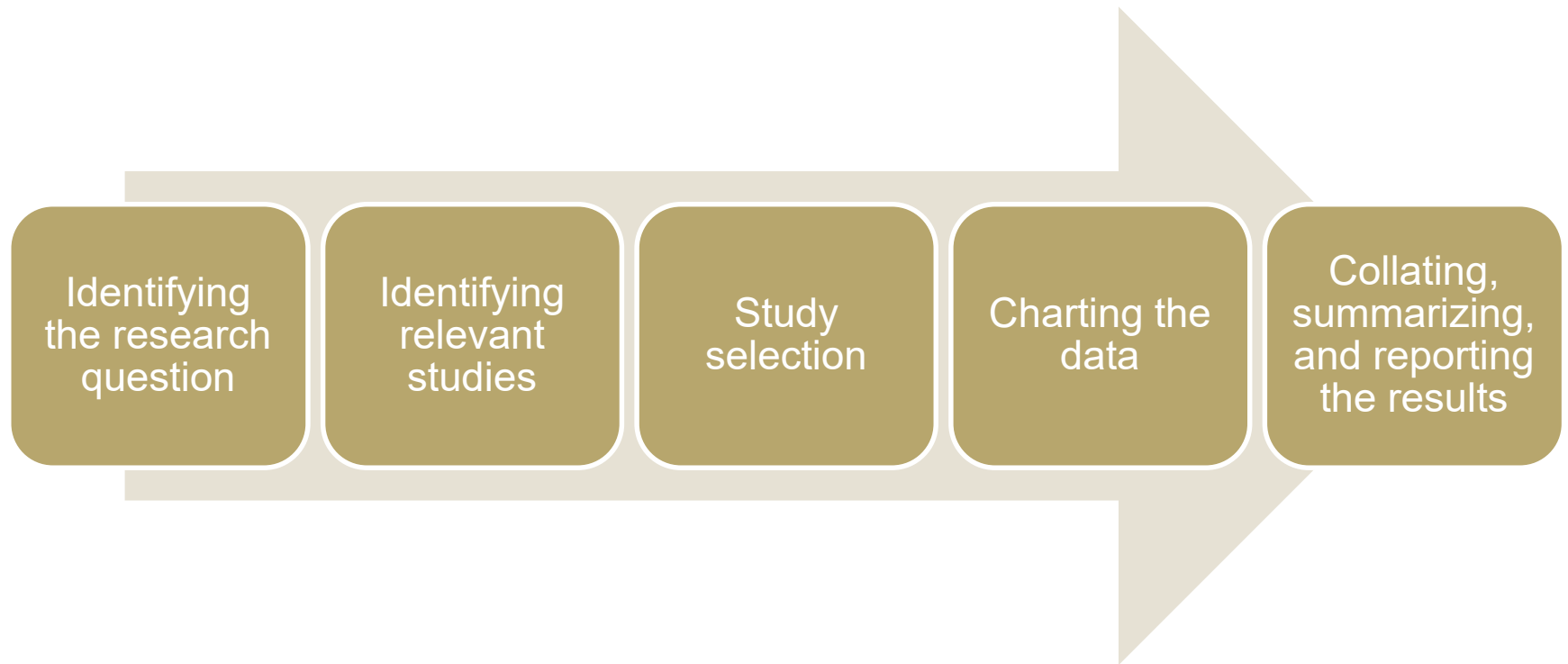


Theoretical Perspectives



- Erikson's Stages of Development⁹
- Family Life Cycle³

Approach to Inquiry



Results

- 28 studies met inclusion criteria
 - Majority conducted in the United States
 - Remainder conducted in Netherlands, Portugal, UK, Canada, & Turkey
- Three themes:
 - Family and interpersonal dynamics (n=17)
 - Development of parent as an individual (n=7)
 - Parental distress (n=11)

Family and Interpersonal Dynamics

- Concurrent transitions may cause parents to redefine their roles and relationships with their spouse and other children who remain in the home.¹²
- Parents may believe their children's readiness for independence is a direct test of their parenting ability.^{12,13}
- Families can serve as both a facilitator and barrier to transition to emerging adulthood.¹⁴
- Overparenting may lead to difficulty with letting go, hindering appropriate transitions for themselves and their emerging adult.¹⁵

Development of the Parent as an Individual

- Psychological maturity in the parental role may have an impact on parental readiness to transition.¹⁶
- Transition from the adolescent parenting stage to the launching an emerging adult stage is representative of a more mutual relationship with the child where the parent pulls away from the child.¹⁶
- Parents appear have difficulties in allowing their emerging adults to gain full independence.¹⁷

Distress

- Parents may struggle to navigate the connection between themselves and their children what is truly a pivotal moment in their mutual lives.¹²
- Some emerging adults may remain dependent in their diabetes management, leading to increased parental distress.¹⁸
- High levels of parenting stress are also related to parental self-efficacy with diabetes management, attachment avoidance, and the perception that their child's diabetes is a burden in their lives.^{19,20}

Discussion

- The transition from the stage of parenting an adolescent stage to launching an emerging adult is a complicated period in a parent's life.
- Parents who gradually allow their emerging adult more autonomy while continuing to feel that they are able to parent meaningfully through the transition will experience less anxiety related to letting go and be more likely to successfully transition themselves.
- The transition to college presents unique challenges related to quasi-independence. ^{15-17,21}

Discussion

- The transition process for both parents and their emerging adults may be made even more complicated when coupled with T1DM.
- Parents who believe their children are capable of self-managing may be more willing to let go and promote transition.
- The relationship between parent and young adult has been shown to be a powerful mediator for transition, facilitating better metabolic control and compliance.²²

Limitations

- This literature review does not take into account family structure, marital status of parents, or employment status.
- Additionally, the number of children in the family and birth order were not considered.
- While there is literature surrounding the concept of an empty nest, this may or may not apply to all parents transitioning emerging adults with T1DM to college.
- Other extenuating circumstances including a diagnosis of cancer or health status of the parent were not taken into account.
- The impact of technology was not considered as there is very limited research specific to parental readiness and available technology.

Conclusion

- Current research findings are not clear on parental readiness to transition and how that may facilitate emerging adults' transition to college.
- There is limited research that focuses on mitigating factors that promote readiness for parents as they work to move from parenting an adolescent to launching their emerging adult with type 1 diabetes to transition to college.



Take Home Messages

- When working with parents of college-bound emerging adults with T1DM, clinicians may want to consider parenting style and the degree to which parents view their emerging adults as individuals and if that perception is based on a realistic appraisal of their child's ability to self-manage.
- Additional research is recommended to determining which factors lead to a greater sense of parental readiness to let go in transition to college with type 1 diabetes in order provide important information that will lead to interventions that will promote increased quality of life for parents leading to more effective transition.

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