



INFORMATION FOR CAREPROVIDERS AND EDUCATORS ON DIABETES

A message from young people with diabetes

Young people with diabetes are able to do everything other young people can do. We sometimes need additional support because of our diabetes and there are things we need to remember such as extra food and the blood glucose monitoring kit. We are individuals and our independence in managing our diabetes will develop at different rates, some of us will need more assistance and monitoring than others.

Please take some time to learn about diabetes.

General management

Ask me what you want to know about my diabetes but also respect my right to some privacy.

Please don't eat my stash of sugar (e.g. jellybeans) stored in the teacher's drawer. I will need them if I have a hypo (low blood glucose).

I may need to adjust my pump during lesson time; this does not mean I am playing with it.

Diabetes isn't the same for all children: it can be different for everyone. Don't assume I am doing something wrong if my levels are not always 'perfect'.

Pumps look like mobile phones and MP3 players.

Don't freak out when I say I'm not feeling well, just follow my care plan.

There may be times when my diabetes becomes unstable and difficult to stabilize: I may need to spend extra time adjusting my pump.

When I have hypos (low blood glucose levels) or hyperts (high blood glucose levels) I can become very tired or even a bit vague. You may have to make some allowances for me.

If I am not well send someone to the office to get support for me. Please don't EVER send me on my own.

Food at school

We need access to the same healthy foods that our peers and family eat. Please don't make assumptions about my diet; I need to eat sugar sometimes.

If I get food out of my lunchbox it is okay for me to eat it. Please don't be the 'Lunchbox Police'.

Special note to canteen helpers - It is OK for me to buy food at the canteen – please don't be 'canteen police'.

Learning

Talk to me about my needs during tests especially if they are long ones. I will need to have some glucose with me and may need to do a blood test. I may need extra time to complete my test.

Talk to me about my needs for specific subjects e.g. physical education, daily fitness etc.

Exercise is very important for my wellbeing and I can participate in sports with my peers. I need time to test my blood glucose levels prior to physical activity and access to additional glucose/food every 30 minutes during strenuous activities. Please don't make excuses or exclude me.

It is important to me to participate in camps and excursions. Careful planning can make this easier for me:

- ☺ Setting a routine for meals and snacks
- ☺ Setting times for blood glucose testing
- ☺ Having an adequate supply of food

Camps and Excursions

I can usually look after myself BUT my teachers are the adults so they have a special 'duty of care' to keep an eye on me. Teachers may need to remind me of the time so I can have a snack.

It would be great to go on camp without my parents.

I may need to take my pump off for water sports.

Self care

Let me store my blood glucose testing kit nearby, so I can access it easily and quickly when I need to monitor my blood glucose levels.

Provide me with a space to conduct my self-care in private.

Respect my privacy when I am monitoring my blood glucose levels and/or administering insulin.

Allow me to eat snacks when needed, to manage my blood glucose levels e.g. especially before or during sport.

Respect my need to access the toilet at unexpected times.