



INFORMATION FOR YOUNG PEOPLE WITH DIABETES

Written by young people with diabetes

Young people with diabetes can have as much fun as their peers and do the same things that they do. There are lots of people with diabetes who have achieved special things including Marcia Hines (Idol judge and singer), Halle Berry (actress), Nick Boynton (hockey player), Gary Hall (Olympian), Nathan Bassett (footballer) and Adam Morrison (basketball player).

Here are some hints and tips that may help you:

General management

Get someone to talk with the school about your diabetes and your diabetes care plan. e.g. your diabetes educator, people from Royal District Nursing Service (RDNS) and Diabetes SA or a member of your family.

Arrange with your school a place where you can test your blood glucose levels in private but close to support if you need it e.g. a quiet corner in the classroom or at the office.

If you keep food in the classroom (e.g. teacher's desk) label it so it isn't eaten by others.

Talk to your friends about your diabetes: ask them to help you if you start acting weird e.g. get you a sugar drink and get help for you e.g. an adult.

Food at school

Healthy eating is important for all school kids, including you.

Do not skip recess or lunch.

Plan ahead for school parties: talk to your parents about food you can eat and take.

You might need to get permission to eat on a school bus.

Camps and Excursions

Camps and excursions are fun and it is important to plan ahead so that your diabetes is managed properly.

Remember to take your blood glucose testing kit with you and plenty of food; you and your family can talk to the school about the menu and appropriate eating times.

You may need to be able to do some diabetes care for yourself on camp e.g. finger pricks, insulin injections.

Your teacher is an adult so has the 'duty of care' for your wellbeing. They will have a copy of your diabetes management plan and a spare hypo kit with them.

If you are going on an aquatics camp talk to your endocrinologist

or diabetes educator as your insulin dose may need reducing or adjusting.

Physical activity

Exercise is very important for your wellbeing and you can participate in sports with your friends. Many known sports people have diabetes. You need time to test your blood glucose levels prior to physical activity and access to additional glucose/food during and after the activity.

You may need to take your pump off for water sports.

Exams

Try to keep to a routine when studying.

If you get stressed your blood glucose levels may rise.

Talk to your school about what you may need to do to manage your diabetes during an exam (you may be eligible to have additional time to complete exams).

Test your blood glucose levels immediately before your exams.

Explain to supervising teachers about your pump so they don't think it is a mobile phone.

Take a kit to exams with you: glucose e.g. jellybeans/lemonade, water, BGL kit.

Take your pump with you into the room and adjust it as needed. Remember to turn the beeper off.

Sit near the exit so you don't disturb many people if you need to leave the room.

The school should ensure there is a copy of your care plan in the exam room so any supervisor knows what to do if you experience a hypo.

You may be eligible for special provisions for SACE. Ask at your school. It is advisable to get your forms in approximately six months before the date of your exams: e.g. if you need rest breaks, the time taken for your breaks will be added to the end of the exam time.

Useful web links:

<http://www.diabeteskidsandteens.com.au/> A website for kids and teens with Type 1 Diabetes

<http://www.diabetescounselling.com.au/> A chat room for people looking to chat about specific problems

<http://www.diabetessa.com.au/> Diabetes SA

<http://jdrf.org.au/> Juvenile Diabetes Research Foundation