

Type 1 Diabetes

# Becoming Independent



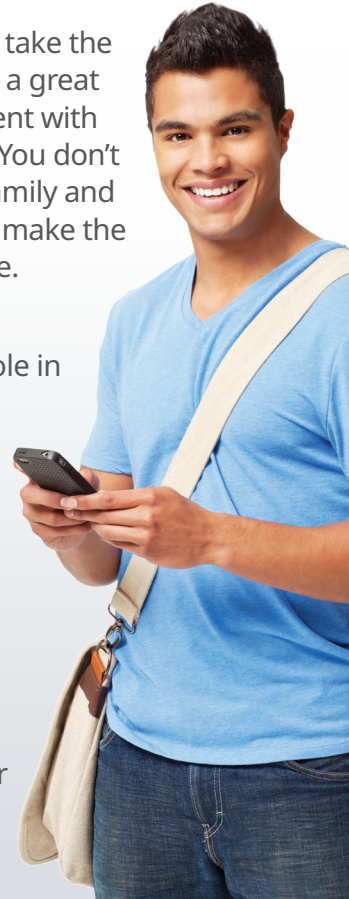
## Taking charge of your diabetes

As you finish up high school and take the next steps into adulthood, this is a great time to become more independent with managing your type 1 diabetes. You don't have to take a huge leap; your family and diabetes care team will help you make the transition to this next stage of life.

Up until now your parents (or caregivers) likely had the main role in your diabetes care:

- Taking you to appointments
- Picking up your diabetes medicines and supplies
- Preparing healthy meals and snacks
- Taking care of you when you're sick

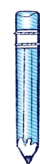
Now is the time to take over your care, so let's make sure you understand the basics.



## Know your diabetes care team

You may be starting to make your own appointments and even driving yourself there. You may also be thinking about changing to health care professionals for adults. Either way, make sure you know all the members of your diabetes care team. If you are living on campus, be sure to include the campus health professionals.

Regular visits with your diabetes care team are an important part of managing your diabetes, so even when life gets hectic, don't skip your appointments!



Keep track of your diabetes care team here:

- Primary doctor \_\_\_\_\_
- Endocrinologist \_\_\_\_\_
- Diabetes educator \_\_\_\_\_
- Dietitian \_\_\_\_\_
- Pharmacist \_\_\_\_\_
- Other \_\_\_\_\_

## Know your numbers

Part of managing your diabetes is knowing your blood glucose numbers and understanding what they mean. You and your diabetes care team will set blood glucose goals that are right for you.



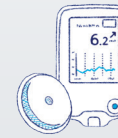
My blood glucose goals:

Before meals: \_\_\_\_\_

1-2 hours after a meal: \_\_\_\_\_

Target range: \_\_\_\_\_

The American Diabetes Association (ADA) recommends blood glucose levels between 80-130 mg/dL before meals and under 180 mg/dL 1-2 hours after the start of a meal for most nonpregnant adults with diabetes.



If you use a CGM, the ADA recommends a time in range between 70 and 180 mg/dL for at least 70% of readings. This means you should aim for at least 17 hours a day in range.

Make sure you understand the signs of low or high blood glucose and what to do if they happen. Go to [NovoCare.com](https://www.novocare.com) to learn more about treating changes in your blood glucose levels.



You and your family can learn more online at [NovoCare.com](https://www.novocare.com) or scan this code with a phone or tablet.



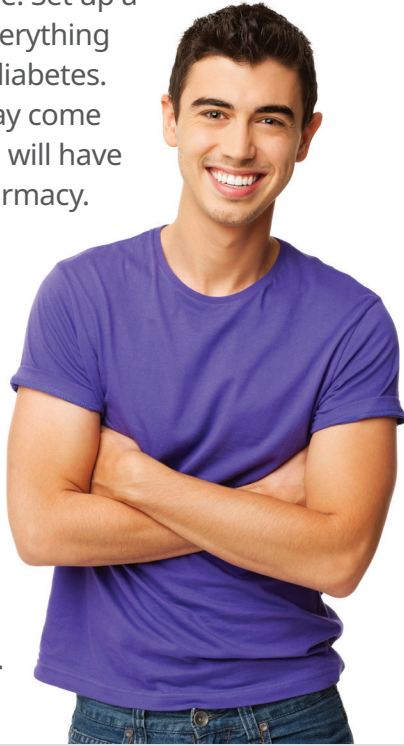
Scan me!



## Getting your diabetes supplies

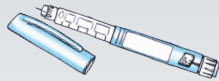
Having diabetes means taking insulin and checking your blood glucose (*blood sugar*). At home your prescription may always be filled, and your testing supplies are always available. Set up a plan for how you will get everything you need to manage your diabetes. Some of your medicines may come through the mail, while you will have to pick up others at the pharmacy.

Make sure you track when it is time to re-order so that you don't run out of anything. You can use your calendar or a phone app to remind you. Don't forget to have a copy of your insurance card available when you order or pick up supplies, and when you go to office visits.



### Supply list:

- Insulin and syringes or pen and disposable needles
- Blood glucose meter, lancing device, and test strips
- Ketone testing supplies in case of high blood glucose
- Fast acting carbs to treat low blood glucose (such as glucose tabs, gels, hard candies)
- Severe low blood glucose emergency kit (glucagon)
- Continuous glucose monitor (CGM) supplies
- Insulin pump supplies
- \_\_\_\_\_
- \_\_\_\_\_

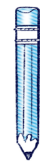


## Eating healthy and being active

You may find that you have an ever-changing schedule with new eating and activity routines. When managing your diabetes, you have to pay attention to what and when you eat and drink. You then must balance this with the amount of insulin you take and your physical activity. Think about this when dining out or filling the fridge in your apartment or dorm.

### Counting carbs

You may already be pretty good at carb counting. You may even have an app for that. You can also check online for your school's dining hall and other area restaurant's nutritional information. It's important to have a good idea of how many grams of carbs are in the foods you eat. This will help you figure out your insulin-to-carb ratio, or how much insulin you need with each meal and snack. Be sure to talk to someone on your diabetes care team about how drinking alcohol affects your blood glucose levels.



If you are counting carbs, write down your carb goals here:

\_\_\_\_\_ grams per snack    \_\_\_\_\_ grams per meal  
 \_\_\_\_\_ Insulin-to-carb ratio

Go to [NovoCare.com](http://NovoCare.com) to learn more about being active and healthy eating with type 1 diabetes.



## Managing sick days

You may be used to someone caring for you when you're sick. But now you may find that you're on your own or with a roommate. When you get a cold or the flu, the illness and stress from it may cause your body to release hormones that raise blood glucose levels. This can make it harder to keep your blood glucose in your target range.

Make sure you have some simple carbs around, like soda (not diet) or popsicles. This is in case you are having trouble eating and you are at risk of low blood glucose. You also want to watch out for signs of diabetic ketoacidosis (DKA) if your blood glucose gets too high.



### Before you get sick, have a plan

It should include:

- When to call your doctor (in most cases if you are vomiting or have diarrhea more than three times over 24 hours or have a fever over 101° for 24 hours)
- How often to check your blood glucose
- What foods and fluids to take during your illness
- How to adjust your insulin, if needed
- When you need to check for ketones
- What over the counter medications you can use



You may be in a new place with new friends that don't know that you have diabetes. It is a good idea to always wear an **"I have diabetes"** ID bracelet in case of an emergency.