



Growing Well with Diabetes (GWD) Questionnaire

The GWD program is designed to support you. Our educators are here to teach important skills to help you feel confident taking care of your diabetes.

Before your appointment, please check off topics that you would like to discuss.

Diabetes Care Basics

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| ☐ Checking blood sugar | ☐ Giving insulin injections |
| ☐ Blood sugar targets | ☐ Changing your pump site (if using a pump) |
| ☐ A1C and Time in Range | ☐ Where to give insulin |
| ☐ How insulin works | ☐ Making a plan about diabetes supplies |
| ☐ Deciding how much insulin to give | |
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Understanding Type 1 Diabetes

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| ☐ Which foods have carbs | ☐ Exercise and Type 1 Diabetes |
| ☐ What to do when you're sick | ☐ Why yearly lab tests are needed |
| ☐ Diabetic ketoacidosis (DKA) – what is it and why it's dangerous | ☐ Why the flu shot is important |
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Becoming Independent

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| ☐ Talking to friends about Type 1 Diabetes | ☐ Drugs and alcohol with Type 1 Diabetes |
| ☐ Type 1 vs. Type 2 diabetes | ☐ Driving requirements |
| ☐ Safety outside the home (including Glucagon) | ☐ Medical ID |
| ☐ Your diabetes plan at school | ☐ Signs you may be ready to give your own insulin or change your pump site |
| ☐ How to prepare for sleepovers and day trips | |
| ☐ Relationships and sexual health | |
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Mental Health and Well-Being

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| ☐ How diabetes makes you feel | ☐ Making space for feelings like frustration, sadness or anger |
| ☐ The effort and extra work to manage diabetes | ☐ Setting goals for your future |
| ☐ Staying involved in your diabetes care | ☐ Connecting with other kids and teens who have T1D |
| ☐ Building your diabetes support team | |