

Growing with Diabetes (GWD)

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

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

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

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

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