



## CHECKLIST FOR DIABETES TYPE 1

### For young people about to move from paediatric to adult health services

Use this checklist to identify the skills you already have, and the areas where you may need to increase your knowledge before you leave the paediatric clinics.

- Know about your diabetes and how to manage sick days
- Know the symptoms for hypos and hyperglycaemia
- Know who to call in an emergency and how to get in contact with them
- Learn how to make your own appointments and start making them
- Know how smoking, alcohol and street drugs interact with your diabetes
- If you haven't already, talk to your doctor about contraception and how diabetes might impact on fertility and pregnancy.
- Talking to your doctor about feeling low or having trouble at study or home or work
- Learn what tests you need to have, why and how often
- Ask for copies of medical tests and results as well as a verbal explanation
- Fill your own prescriptions
- Order the supplies for your equipment and know how to maintain it
- Enrol for your own Medicare card and find out about private health cover.
- Learn about how to maintain a healthy lifestyle with exercise and eating healthily
- Start meeting with some adult doctors to 'check them out' before you have to switch
- Know your health history. (See fact sheet – My Medical History)

#### **Non – Medical things to think about**

- Remember to declare your diabetes in applying for your driving licence.
- Find out if you are eligible for financial support or any concessions from Centrelink
- Think about how you will keep in touch with friends once school ends
- Remember to enrol to vote when you are 18years old!