Fostering independence in diabetes care takes time.
Pathway = Tips!
See 2 minute videos below for each stage of your journey.

Your Rights

☐ Learn about your rights!
☐ Extra time or breaks at school or work
☐ Access to diabetes supplies (food, insulin, technology)

Alcohol and T1D

☐ Don’t forget to eat beforehand!
☐ Alcohol and other drugs may cause your blood sugar to drop
☐ Make sure you monitor blood sugars
☐ Consider sharing your CGM information with your friend group
☐ Make sure you are with trustworthy friends

Build a Support Network

A good group of friends is important!

UF Health
Shands Children’s Hospital

PEDIATRIC ENDOCRINOLOGY
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Visit t1dtoolkit.org for diabetes education and support.
UF Pediatric Endocrinology | endo.pediatrics.med.ufl.edu