

# T1D Communication Agreement (Example)

Use this agreement to:

- Promote collaborative conversations about your individual needs and boundaries.
- Outline your family's collective goals for communication and transition.
- Highlight individual strategies to achieve these goals.
- Hold each other accountable for your commitment to these goals and strategies.

## Goals

1. **[Student]** will be able to experience the freedom and autonomy of living away from home by managing T1D independently.
2. **[Caregiver]** will be kept in the loop regarding T1D and other aspects of **[Student]**'s life.
3. **[Student]** will know that they always have support available from **[Caregiver]**.

## Student Strategies

- **[Student]** will handle day-to-day T1D management.
- **[Student]** will:
  - Update **[Caregiver]** on major health changes.
  - Provide general T1D updates at some point during the weekly family phone call
    - Sundays at 7pm.
    - **[Student]** has control over *when* in the conversation to bring up T1D and how much information to disclose.
  - Allow **[Caregiver]** to follow CGM activity when going out with friends.
- **[Student]** is encouraged to phone home or text if they ever have a T1D-related question.

## Caregiver Strategies

- **[Caregiver]** will defer to **[Student]** to initiate conversations about T1D.
- **[Caregiver]** are allowed to contact **[Student]**'s roommate if:
  - a. **[Student]** doesn't respond to emergency texts within 30 minutes when CGM following is turned on, **OR**
  - b. The weekly family phone call is missed without explanation by Monday morning.
- **[Caregiver]** will continue to manage supplies and prescriptions, restocking **[Student]** on holidays and visits.

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## Goals

## Student Strategies

## Caregiver Strategies