



T1D STUDENT GUIDE to college & university

written and researched by T1Ds, for T1Ds

Welcome to the T1D Student Guide!



Written by T1Ds for T1Ds, the T1D Student Guide was designed to provide you with important information that will help you prepare for post-secondary school. The Planner is filled with tip sheets and downloadable tools, including topics such as knowing your rights, accessing accommodations, dorm life as a T1D, working with diabetes, telling others about T1D... and so much more!

Along with the T1D Student Guide, be sure to explore DHF's other programs and resources, including:

- The HOPE Connects Program matches students in grade 12 or first- and second-year college/university with a peer mentor, allowing them to talk to someone who knows first-hand what it's like to manage T1D while at post-secondary school.
- The DHF Campus Connects private Instagram group provides a virtual connection to T1D students across Canada. Join the conversation for tech talk, high & low tricks, general conversation, questions, memes and the occasional pet picture!
- The Transition Guide is a comprehensive tool that contains updated information about campus supports and resources at over 190 schools across Canada.

All of DHF's programs are created in collaboration with T1D students to help you succeed in post-secondary!

Wishing you all the best in your education adventures, and welcome to the DHF Community!

 The HOPE Connects Team



Meet the Authors



I am very excited for everyone to be able to access the DHF T1D Student Guide! It has been a pleasure working on it with the HOPE Connects Team. I wish I had something like this when I was first diagnosed, as well as later in my education. It can be hard to make connections with other T1Ds since it's not a visible disability, and this guide makes T1D-specific knowledge much more accessible. It also answers so many questions that I had and others that I never knew to ask. We hope you enjoy the planner!

- Heather Janine

This planner is created by folks living with diabetes for people who also have diabetes. We wanted to put all this wonderful knowledge in one place instead of scrolling through countless posts or rummaging through *that* drawer of miscellaneous papers. Welcome to a "one-stop shop" to help make the transition to post-secondary life more manageable!

- Ravjot Samra



I am so proud of the HOPE Connects Team's hard work on creating the T1D Student Guide! From informational pages to personalizable and downloadable documents, this planner has everything you will need to make your post-secondary T1D life simplified for smooth sailing!

- Abbi Cloth

Special Thanks

We would like to thank the following people for their support of the T1D Student Guide through providing invaluable insights, suggestions and edits.

Brittany Rossiter, MN, RN, CDE

Tiffany Krahn, RD, CDE

Justin Lee, RN

Nathaniel Kinghan

Karen Higginson

Heather Miller, MSW



What's Inside

The Planner features four sections, each containing student tips, important information and downloadable tools designed to help you through your first year at college/university. To access a specific section, click the title below.

Your Rights and Self-Advocacy

Information about your rights as a student with T1D, accommodations and student health insurance.

Campus Life

Tips for navigating day-to-day life on campus with T1D, including food options, going out and managing sick days.

T1D Talk

Your guide to disclosing your diabetes to new contacts, as well as navigating changing relationships with friends and families.

Downloadable Resources

Free downloadable resources, including fillable forms and mental health resources.

Using the Guide



Click the image to use the DHF Transition Guide and find school-specific information related to this page.



Link to downloadable forms and resources related to the topic. All downloads are also available at www.diabeteshopefoundation.com.

**Underlined
Text**

Indicates a live link you can use to get more information from external resources.



Click the back arrow to return to the *What's Inside* page.

Disclaimer

The information in the T1D Student Guide is intended as guidance only and is not intended to be used for medical advice or planning. Please talk with your health care team about your personal diabetes management regime before making any changes to your health care. Information in the Guide is not exhaustive and both campus resources and referenced materials are linked to enhance your knowledge.

YOUR RIGHTS AND SELF-ADVOCACY

KNOW YOUR RIGHTS

ACCOMMODATIONS (2 PAGES)

SELF-ADVOCACY (2 PAGES)

YOUR RIGHTS AT WORK

STUDYING OUT OF PROVINCE

**STUDENT HEALTH INSURANCE
(2 PAGES)**



Know Your Rights

Whether or not you choose to personally identify as a person with a disability is 100% your choice, and this choice should always be respected. The following information is to **inform you of your legal rights in Canada as a person living with type 1 diabetes**.

Does Canada Consider Diabetes a Disability?

- According to the Canadian Human Rights Act, any severe mental or physical chronic condition that prevents a person from performing regular life routines is considered a disability.
- The Canadian government recognizes type 1 diabetes as a disability due to its impact on lifestyle, the constant monitoring of blood sugar levels, and the potential risks associated with the condition.
- This recognition ensures that people with diabetes have certain **protections afforded to them under the law**, both in Canada and internationally.

Canadian Charter of Rights and Freedoms:

- Section 15 ensures equality, irrespective of race, gender, sexuality, and **disability**. The CCRF was signed into law in 1982.

Canadian Human Rights Act:

- An extension of the Charter, the Canadian Human Rights Act ensures that everyone is treated equally and justly, regardless of age, gender or disability.

United Nations Convention on the Rights of Persons with Disabilities:

- This International Human Rights Treaty is intended to protect the rights and dignity of people with disabilities.



T1D STUDENT TIP

In all public spaces, people with diabetes must be allowed to manage their condition without barriers. This includes administering injections with insulin, checking blood sugar levels, eating food, and drinking juice or water. Read more in the Accessible Canada Act.

DO YOU QUALIFY FOR FEDERAL DISABILITY TAX CREDIT IF YOU HAVE DIABETES IN CANADA?

- To help offset the costs of living with T1D, the Canada Revenue Agency (CRA) provides disability benefits for diabetes like the Canadian Disability Tax Credit (DTC), or Child Disability Tax Credit.
- Anyone with a SIN and who has an official type 1 diabetes diagnosis automatically qualifies for Disability Tax Credits.
- All you need is to have your doctor fill out the required forms and submit them to the CRA.

Setting Up Accommodations

There are a number of accommodations available to help reduce the stress of managing your T1D while navigating post-secondary school. Consider applying for the accommodations you feel will best help you **prioritize both your health and your academics**. You may never need to use the accommodations available to you, but it's good to have them set up just in case.

STEP 1:

Contact your school's Student Wellness Centre/ Accessibility Office as soon as possible to make an appointment and find out what documentation they need for new students.



STEP 2:

Make an appointment with your doctor for any required documentation (e.g. verification of type 1 diabetes).



STEP 3:

Send the required information to your student wellness advisor/accessibility officer and meet with them to discuss your accommodations.



SEND



STEP 4:

Send your letter of accommodations to your profs, teachers and TAs through your student portal/email at the beginning of the semester.

STEP 5:

Enjoy your classes, knowing you have supports in place to manage your T1D!



Accommodations You Can Request

Access to audio-recorded and peer-provided lecture notes	
Separate writing rooms for taking exams and tests	
Additional time on tests and exams and assignment extensions for diabetes-related medical issues, including non-penalized breaks.	
Permission to have and use medically necessary supplies and tech during class and/or exams.	
Priority course selection and time-specific exams (e.g. afternoon exams only)	
Food and drink permitted during class and for tests/exams	
Guaranteed on-campus housing, including a private OR shared room and room location priority (i.e. near exits, close to residence advisor, etc.).	
Permission to leave classroom for medical reasons	

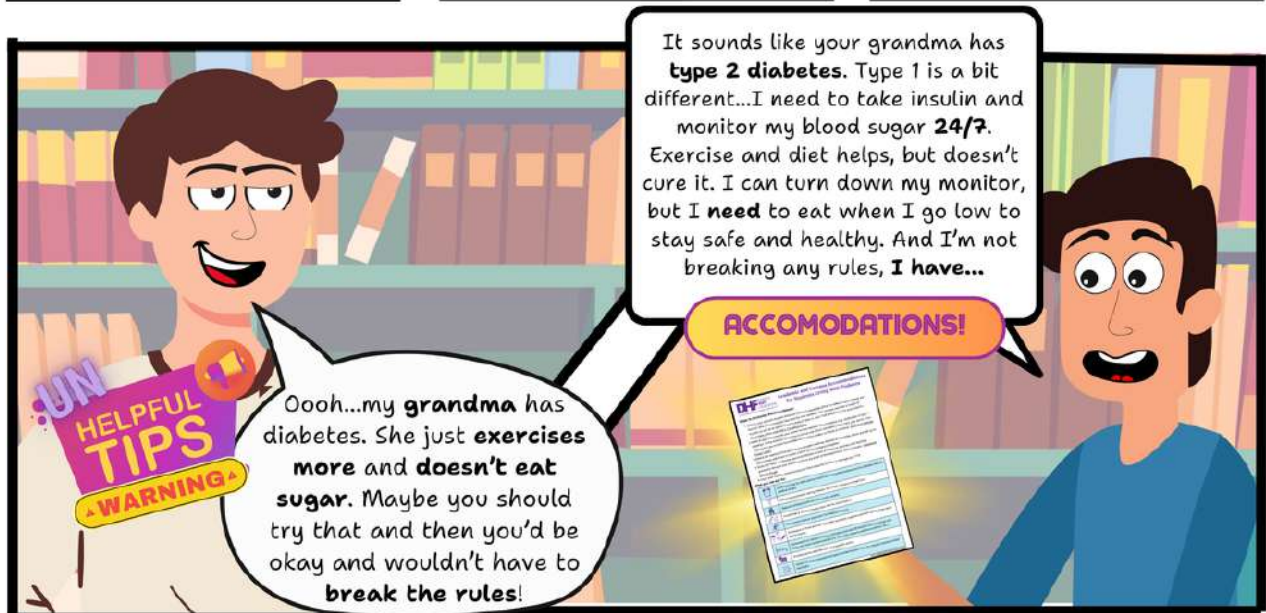


T1D STUDENT TIP

Contact the Accessibility/Wellness Office at your school as soon as possible to begin the process of setting up your accommodations. The summer can be a busy time, so reach out shortly after accepting your offer to have everything in place for September. If you have any questions about the forms required by your school (i.e. what questions are necessary for T1D and/or other disabilities), make sure to clarify with your school ahead of meeting with your doctor - they're happy to help!



Campus Self-Advocacy



Self-Advocacy Tips



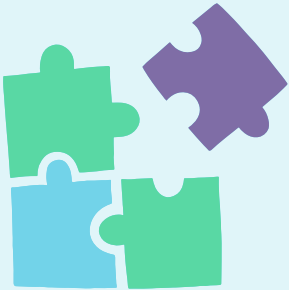
EDUCATE!

- Educate others about T1D - not everyone is familiar with what is required for day-to-day management, and many don't know the difference between type 1 and type 2.
- Find out where others may have knowledge gaps so you can respond in a way that helps them understand.



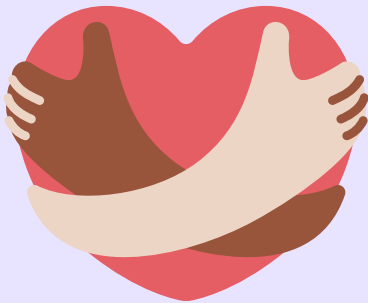
TONE AND VOICE MATTER

- Be assertive, confident and use simple language.
- Be patient and understanding.
- Be open to questions, but also decide where your personal boundaries are and prepare a 'no statement' response for when you are done talking.



STAY SOLUTION-FOCUSED

- Recognize that you can't control others - don't allow others' negativity to bring you down.
- Remember that you are not in a fight with the other person and focus on finding a solution that takes into account both your rights and needs as a person with T1D and the rights and needs of those around you.



TAKE CARE OF YOURSELF!

- Your health is a priority, and it is your right to look after yourself.
- Be specific about your symptoms and needs. Have a short and simple explanation prepared (and rehearsed).
- Be kind to yourself and find people you can talk with about difficult situations and who will support you through them.
- Work to let go of potential feelings of guilt that may come with asserting your needs.



T1D STUDENT TIP

For issues that arise on campus, if you have accommodations in place, keep a copy of them handy (a print copy or on your phone).

Sources: *"But You Don't Look Sick"* and *The Importance of Self Advocacy*

Your Rights at Work

Congratulations! You got the job!

- Within the first month of your position, let your supervisor know you have type one diabetes and have a conversation about any accommodations you may need to manage your health while at work (e.g. set break times, stepping aside to treat lows, or having your phone on your person at all times for CGM alerts).
- Disclosure can help you avoid future stressors and can aid you in establishing what accommodations you require.

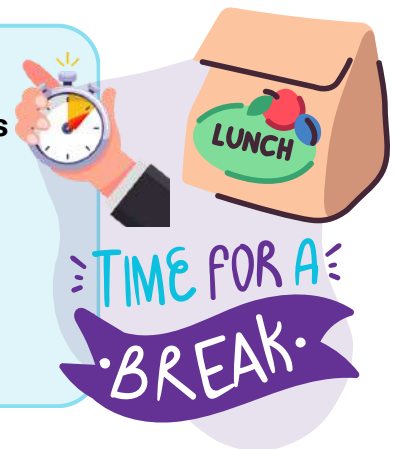


Accessible Canada Act (ACA)

- The ACA sets a goal for Canada to be barrier-free by 2040, which includes identifying, removing and preventing barriers in all federal jurisdictions, **including employment**.
- This means that employers need to establish ways to receive feedback concerning accessibility concerns and respond to issues accordingly.
- Make sure to let your supervisor know about accessibility issues that may be preventing you from doing your job, and work with them to make necessary changes.

Accessibility for Ontarians with Disabilities Act

- The AODA requires employers to **develop accommodation plans for their employees**. This can include set break times and flexibility to treat a low while at work.
- Ask your supervisor what a typical day in your role will look like at your interview so you can decide what accommodations you might need if you get the job, and check in with your health care team if needed!



T1D STUDENT TIPS

- Check your school's job board for part-time on and off-campus positions and begin applying! Part-time positions for September can be posted as early as June or July, so check ahead of time!
- Once you have your class timetable, schedule your work hours around it! Make sure to leave breaks between class and work so you can have time to eat something and walk/drive to your job.
- Want experience in your field? Check if your faculty offers a co-op program!

Studying Out of Province

TEMPORARILY RESIDING IN ANOTHER PROVINCE FOR SCHOOL?

You can continue to use your provincial health coverage as long as you provide supporting documentation to the Ministry of Health that you are a full-time student studying at an accredited school in Canada.

Make sure to look into local pharmacies and health clinics early to ensure prescriptions and referrals can be set up before you move. If needed, talk with your campus health clinic about your prescription needs.

PERMANENTLY MOVING TO ANOTHER PROVINCE?

Complete two steps to ensure you have continued provincial health insurance coverage:

1. Notify your current province's Ministry of Health that you are moving to another province. Your OHIP will continue for three months after you move.
2. Contact the Ministry of Health in your new province and register for health insurance. Your new provincial health insurance coverage will start after three months.



T1D STUDENT TIP

Use the [DHF Transition Guide](#) to look up local endocrinologists, diabetes clinics, and pharmacies ahead of moving!



Student Health Insurance 101

IMPORTANT INFORMATION

AUTOMATIC OPT-IN FOR STUDENT HEALTH INSURANCE:

- Most post-secondary schools offer extended health coverage to all full-time undergraduate students. Students are usually automatically enrolled in the plan at the beginning of the school year. Part-time students typically need to opt in manually.

OPTING OUT OF STUDENT HEALTH INSURANCE:

- To opt out of your school's insurance plan, you need to have an alternate health and dental insurance plan comparable to what your school offers; otherwise, your request will be denied (most schools do not accept provincial coverage as an alternative). Make sure to check the deadlines if you are planning to opt out!

PARENTAL/CAREGIVER HEALTH INSURANCE:

- If you continue to use your parent/caregiver's insurance coverage on top of the student health insurance, you need to claim through your school as your primary plan and submit the remainder to their plan.

BLACKOUT PERIODS:

- There may be a blackout period for the first month and a half of your school's insurance plan where you will not be able to access your benefits. This period ends shortly after your school confirms your enrolment. The prescriptions that you order during this time are covered, but you will need to submit a claim after it ends.

PLAN ADMINISTRATION:

- Typically, college plans are administered by the institution's administration and university plans are administered by the student union. Find out ahead of time who to contact in case you need support beyond the plan provider.



T1D STUDENT TIPS

- If you aren't living at home, decide ahead of starting school where you will be filling your prescriptions and make sure everything gets transferred ahead of time.
- Make sure to order your supplies and prescriptions before you run out, and allow time for delivery or the pharmacy to restock.
- Update your address with companies that ship your supplies if you are not going to have them sent home.
- Use the [Transition Guide](#) to research insurance plans for your school of choice.



DENTAL CARE

Certain dental services can be covered up to between

70-80%

to a maximum between \$400 - \$700 per coverage period.



Make it easier to get to the dentist twice a year - schedule your visits during reading weeks, holidays and downtime!

VISION CARE

Prescription glasses, contacts, and eye exams can be covered up to between



\$90-\$150

for glasses or contact lenses

\$70-\$80

for an eye exam*



For most post-secondary schools, the vision coverage renews **once every 24 months**.

**Depending on your province, annual eye exams might be covered for people with T1D through provincial health care.*

DIABETES SUPPLIES

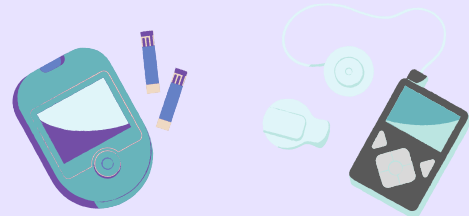
Check to see which of the following diabetes supplies are covered at your school:

- Alcohol swabs
- Blood glucose meter
- Glucose monitoring system supplies/sensors
- Glucose monitoring system transmitter
- Insulin pump
- Insulin pump supplies
- Insulin pens

Benefits cover up to

\$400 - \$600

per coverage period



PRESCRIPTIONS

Prescription medications are typically covered up to between

60-80%

to a maximum of between \$500 - \$1000 per coverage period. Check out the [DHF Transition Guide](#) to see what your school covers!



PARAMEDICAL

Check the Guide to see if the following are covered under your student health insurance plan, and what the coverage is. Use what you need to stay healthy!

- Osteopathy
- Dietitian
- Naturopathic care
- Speech Pathology
- Physiotherapy
- Acupuncture
- Massage Therapy
- Chiropractic care
- Psychotherapy



CAMPUS LIFE

WHAT'S IN YOUR BAG?

**MEAL PLANNING ON CAMPUS
(2 PAGES)**

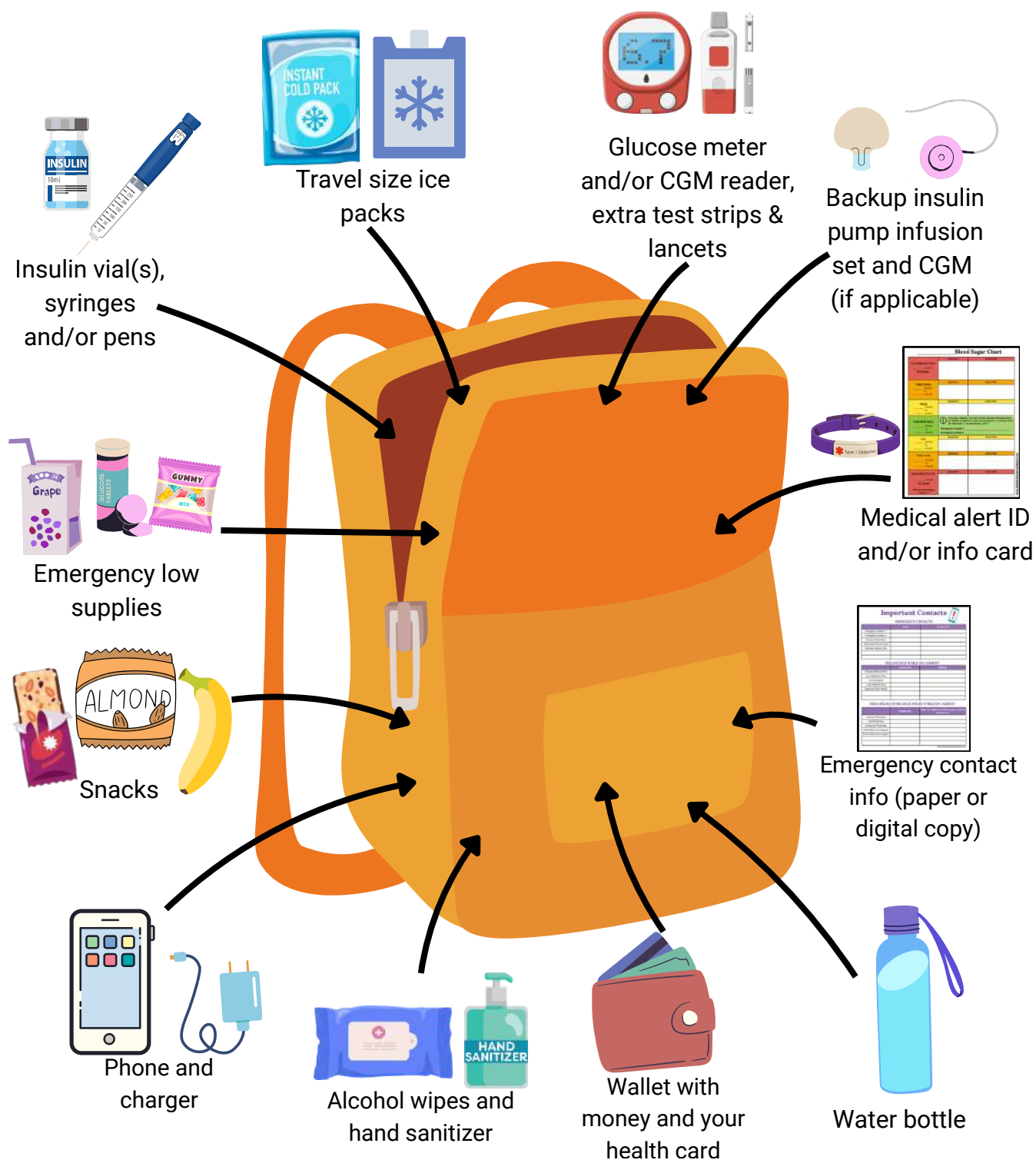
DORM SET-UP

MANAGING SICK DAYS

GOING OUT WITH T1D (2 PAGES)



What's In Your Bag?



T1D STUDENT TIP

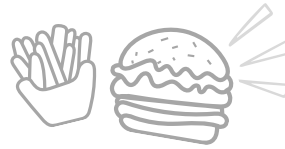
Choose a bag with lots of space (multiple compartments are great) and pack it the night before to avoid rushing out the door and forgetting something important.



Meal Planning on Campus

EATING ON CAMPUS?

- Ask staff in the cafeteria for a list of nutritional ingredients for homemade meals.
- Explore all cafeterias on campus (not just the one associated with your college).
- If you live on campus, make sure to have extra snacks in your dorm room as well as your backpack in case of lows between classes.
- Make it a social event! Plan a meal with classmates and friends during the day.



COMMUTER STUDENT?

- Pack a lunch whenever you're going to be on campus for a long time, and keep extra low snacks in your bag.
- If you're driving, keep low snacks in your car that won't spill/expire quickly (e.g. Rockets and protein bars).
- Pack cold lunches with ice packs if your campus doesn't have a microwave easily accessible.
- Look out for coolers on sale at the start of the year - these can be helpful with keeping food fresh in your car!



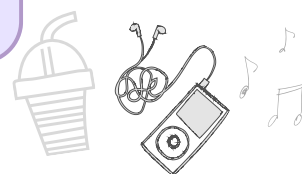
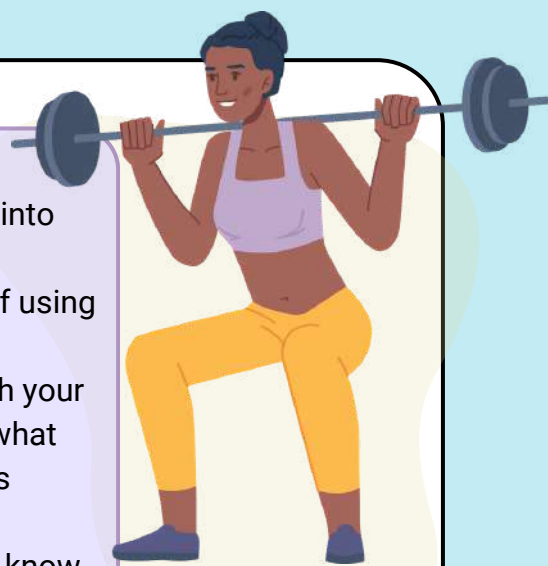
CELIAC STUDENT?

- Plan ahead when going out to eat with non-Celiac friends to ensure that there will be gluten-free options for you. Eating with other friends who also have Celiac is great too!
- Research your school's meal plan and decide what is best for you. Some students prefer opting out of the meal plan and shopping for their own groceries.
- Make a list of meals that your school offers that are gluten-free, as well as local cafes/restaurants that offer gluten-free options.



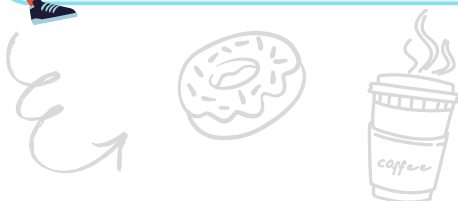
EXERCISING ON CAMPUS?

- Check to see if a gym membership is included in your tuition and look into what equipment and classes they have available.
- Bring low supplies to the gym and set your alerts to vibrate or sound (if using CGM) to make them more accessible during your workout.
- Make sure to plan for working out in order to avoid going low! Talk with your health care team before starting a new exercise routine to determine what the best way to manage your levels is based on your personal diabetes regime.
- If you're playing on a team, make sure to let your coach or teammates know you have T1D and what to do if you have an emergency low.
- Remember that the walk between classes counts as exercise, so adjust your insulin needs accordingly, especially if your school has a bigger campus!



NIGHT CLASSES OR LATE STUDY GROUPS?

- Eat before going to class so that your sugars will be more stable during lectures.
- If you're on MDI and take your long-acting insulin at night, decide at the beginning of the semester to either take it before or after your evening class so you can stay consistent.
- If you find you are having lows/highs in the evening and are concerned that it might interfere with your lecture, don't let that stop you from taking the class. Talk to your prof about it, get accommodations and treat your T1D as needed.



T1D STUDENT TIPS

- Try to make time for a sit-down meal at least once a day to make sure you're not just eating granola bars and snacks.
- Where possible, try to include fruits and vegetables in your meal.
- Remember: Not everyone is assigned a locker on campus! Look into renting a locker for the semester, or pack everything you need in your bag and carry it with you at all times!



Dorm Set-Up



- Dedicated snacks and low treatments kept in a secure location.

- Back up diabetes supplies, including keto strips and Baqsimi.

- Sharps container.

- Optional: A portable blender & kettle for smoothies and soups.

- Suggested: T1D stuffy :)



- List of important numbers & resources.

- A personal mini fridge.



- Sick day kit.



T1D STUDENT TIP

When setting up your accommodations, discuss early-room selection to ensure you are close to exits, food resources and support services. Also ensure you have a personal mini-fridge for your insulin - check with your school about renting one!



Managing Sick Days



Try different low treatments like sports drinks for when you're sick, even if you don't normally use them. They can be great for staying hydrated!



Have a sick day kit ready to go, including extra ketone strips, throat lozenges (check for sugar-free ones!), Kleenex, and medications to help with fevers, aches, and pains.



Keep a contact list including family, clinics, and emergency phone numbers in case of emergencies, and check in with caregivers!



Stock up on easy-to-make and easy-to-eat foods (e.g. soup, hot tea, crackers, etc.), as well as extra drinks to keep hydrated.



Talk with your health care team before starting school about how to manage your blood sugars when you're sick. Make sure to ask about when to check for ketones, how to adjust your insulin and when to seek medical help; keep the information handy in case you need to share it with someone or you are feeling groggy!



T1D STUDENT TIP

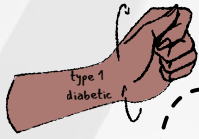
Give yourself the time you need to get better and communicate with your profs, teachers, and TAs if illness will impact your ability to meet deadlines. Ask about accommodations for prolonged illness or diabetes-related medical issues before you start school!



For more information about managing T1D while sick, download the [Clinical Guidelines](#).

Going Out with T1D..

- ★ Wear your medic alert jewelry and if don't have one, write diabetes on your wrist with a sharpie.



- ★ Be careful if you are mixing different alcohols to see how your sugars react and be sure to have food if you are drinking.



- ★ Find a small shoulder bag or purse to carry backup supplies and low snacks.



- ★ Before going out, make sure to tell someone with you that you have T1D!

- ★ If you choose to do drugs, make sure you check your blood sugars often as they may vary depending on the drug you are doing.



T1D STUDENT TIPS

- Always have backup site change, insulin and monitoring supplies with you.
- If you have a CGM, turn on your sensor alerts for people connected to your account in case something happens.
- Make sure someone in your group knows what to do in an emergency, including who to call and how to identify both highs and lows.
- Treat your lows early - it's better to run a bit high than to go low.
- Reach out to your healthcare team to learn about safe ways to manage your diabetes while under the influence.

..Have Fun & Be Safe!



★ Being intoxicated can make you unaware of your body's cues - use alarms for taking insulin and checking your sugars!

★ If you throw up, stay hydrated, check your blood sugars, check your ketones and act accordingly.



★ Alcohol increases your risk of lows for the next 24 hours as your body processes the alcohol. Be cautious with corrections of high blood sugars after drinking to avoid overcorrecting.



★ Before going dancing, don't forget to check your sugars and adjust your insulin needs accordingly!



FYI
GLUCAGON/BAQSIMI
WILL NOT WORK WHEN
ALCOHOL IS IN YOUR
SYSTEM

★ Set an alarm for the morning to make sure you get up and check your sugars. As a backup, have someone you trust call you to check-in - alarms don't always work!

For more information: [Alcohol and Diabetes Clinical Guidelines](#)

T1D TALK

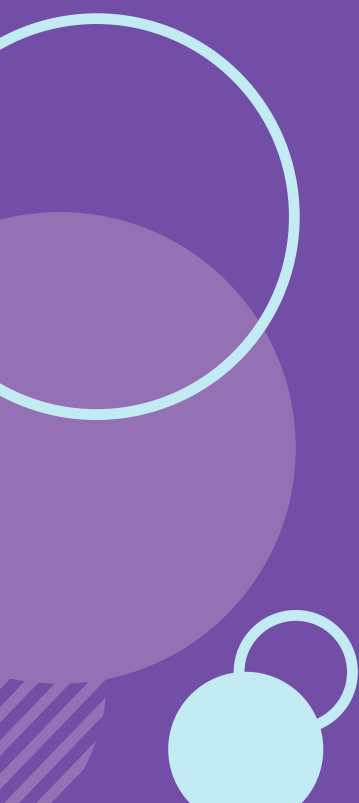
EXPLAINING DIABETES

ROOMMATES

DATING & INTIMACY

TALKING WITH FAMILY & FRIENDS

SELF-CARE TIPS



Explaining Diabetes

Practice your elevator pitch about what diabetes is and how you manage it ahead of starting school, and decide how much information is necessary to share and with whom. Keep it simple, and allow time for roommates and new friends to ask questions - and prepare a response for when type 2 diabetes (T2D) gets mentioned! Consider including the following information:



Give a brief overview of what T1D is and how it affects the pancreas and insulin production. If needed, explain how T1 differs from T2. Talk about how you manage your diabetes, and why (i.e. taking insulin, monitoring blood sugar levels, counting carbs, etc.).



If you are comfortable, do a show-and-tell with your pump, CGM, pens and/or syringes, to demonstrate how you check your blood sugar and administer insulin. Show roommates, RAs and friends where you keep your insulin and explain that it needs to be kept cold.



Explain what both low and high blood sugars are, and let roommates, friends and RAs know where you keep fast-acting sugar (juice, glucose tabs, candy) so they can grab it for you if necessary. Make sure it is clear that your low supplies are not for snacking!



Make sure to explain what to do in an emergency situation, including how to use glucagon/Baqsimi. Share your Personal Blood Sugar Chart, and ensure everyone knows to call 911 if you are ever unconscious, unaware, and/or unresponsive.



T1D STUDENT TIPS

- Make a list of who you will tell about your T1D. Consider people who need the information in case of emergencies (i.e. roommates and dons/RAs) and people you want to know for personal or academic reasons (friends, classmates, profs, etc.)
- Not everyone needs the same information, so decide what you will share based on your relationship with them.
- If it's more comfortable for you, you can always email or text others about T1D!



Source: [Sharing your Diabetes Information with Roommates](#)

Roommates

If you will be living with a roommate, it is good to let them know ahead of time that you live with T1D. Keep the conversation **light and factual**, and be prepared to answer questions they may have. Make sure you let them know you are **not asking them to help you manage your T1D**. Your goal is to prepare them for alarms going off and to let them know how they can help **in case of emergencies** (i.e. extreme lows). Be sure to share the Blood Sugar Chart with them and show them how to use your glucagon kit. *Tip: Nasal sprays are less intimidating to use!*

Hi [roommates name], my name is _____. I'm your roommate for this year! I'm so excited to meet you! 😊

Hey! So great to hear from you! 🥰 Can't wait to meet you in person!

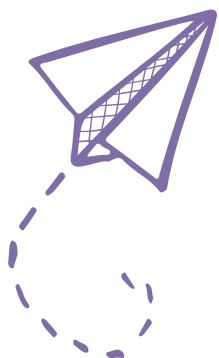
Me too! I hope our room isn't too small! LOL! 😂

I wanted to give you a heads up that I have type 1 diabetes. I'm happy to answer any questions you have about it, either by text or when we meet in person, and if you want to read up about it (no pressure) you can learn more here:

[https://www.diabetes.ca/about-diabetes-\(3\)/type-1](https://www.diabetes.ca/about-diabetes-(3)/type-1)

Thanks for letting me know! I don't know much about diabetes so I will definitely want to talk about it. Let me know if there's anything you ever need! See you soon! 💕

Thanks! Good luck with packing! Looking forward to meeting you! 💕



Dating & Intimacy

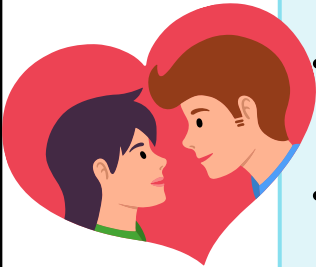


Telling Potential Partners About T1D

- **WHEN** and **HOW** you share your T1D is up to you, but it is better to do it early in a relationship to avoid surprises and build trust.
- When you are ready to tell someone about diabetes, focus on the basic facts and how you manage it.
- Invite questions to let them know you are open to talking about it, but also let them know when you need a break from discussing it.
- Set **clear boundaries** around how involved you want your partner to be in your management, and how often they can ask questions like what your sugars are.

Let Them Know T1D is Serious...Not Scary

- Tell your partner that you have diabetes AND how you take care of it to ease any fears they may have.
- **Remember - you're the expert on your diabetes.** The person you are dating will likely mirror your feelings and attitudes about it - if you are open and mature about it, they likely will be too.
- Be proud about what you do to take care of yourself, and be open about what supports you may need (i.e. during a low, when you're sick, etc.).
- You don't need to talk about the emotional and physical strain of diabetes at the start of a relationship - as you get to know and trust your partner, you can share these things with them when you are ready.



Physical Intimacy and Sex

- Remember that sex is a form of exercise! Make sure you check your sugars before and after, and adjust basal rates if necessary.
- Keep a snack nearby in case of lows, and make sure to treat your lows. You don't need to stop what you're doing, but listen to your body and slow down until you are feeling better.
- If you use a pump and choose to disconnect it, remember to reconnect it!
- Communication is key - make sure to talk with your partner about any questions or concerns that either of you might have - before, during and after intimacy.



T1D STUDENT TIPS

- How your partner reacts when you tell them about T1D and during intimate moments can be a great way to determine if they will be supportive and understanding long-term.
- T1D may lead to some sexual dysfunction. Most schools have on-campus sexual health clinics with support systems and resources, and you can also talk with your health care team.

Sources: *You, me, and diabetes* and *Dating and Diabetes: How to Explain that Diabetes is Serious*



Talking with Family & Friends

Remember that when you start school it will be a big shift for your entire family. It is important to talk with your family and friends to **clarify what support you want and need for your diabetes management**. Try to have these conversations before school starts and establish clear boundaries to help make the transition easier for everyone. Remember, boundaries are fluid and can change over time!

The biggest thing your supporters want to know is that you are okay. Talk about how often they can ask about your diabetes and what language to use. Think about where you want and need support, and what that support looks like. Consider the following questions:

- Do you want reminders about doctor's appointments?
- Who will order your supplies? If you are studying away from home, will they be shipped to your home or your school address?
- If applicable, who will you share CGM readings with, and when?
- If a low alarm goes off, at what point should others get involved and what steps should they take? Who can your parents/caregivers call if they can't reach you?
- How often can your supporters ask about your T1D and what is the best way to ask?

For supporters, remember that the student in your life is a responsible person capable of taking the lead on their T1D management. Let them know you are always there to support them, but let them take the lead on what that support looks like.

Setting Boundaries

As you start post-secondary school, you may be taking on more responsibility around your diabetes management or your family may become less involved. As you navigate this change, keep in mind:



Boundaries are about **what you are going to do**, not about telling others what to do.



Setting boundaries is uncomfortable but it helps **clarify roles & expectations**.



Stating your **feelings and intentions** early prevents resentment and confusion later.



Remember to use **I-statements** when sharing feelings and focus on moving forward together.



T1D STUDENT TIP

- Talk with family, friends, roommates and RAs about safety plans for extreme lows and highs. Download the Blood Sugar Chart to share with people less familiar with T1D to refer to during emergencies.
- Consider sharing your CGM data with parents/caregivers when you are going out with friends, especially if alcohol or recreational drugs are involved.



Self-Care Tips



1. EAT A WELL BALANCED DIET

Eating nutritionally rich foods can:

- Improve your mental health and brainpower.
- Help you succeed in your studies.
- Help you maintain BG's in a safe and manageable range.
- Do not skip meals - turn eating into a social event with friends to make it feel like less of a chore!



2. IMMERSE YOURSELF IN CAMPUS LIFE

Make the most of what is going on around you to meet new people!

- Every school has an abundance of unique clubs for students to join - some even have a diabetes club!
- Check out your Student Union page to find a club based on your interests & passions and start building social connections.
- Try out for sports teams - both intramural and competitive - to meet people and stay active!



3. PRACTICE SUNDAY RESETS

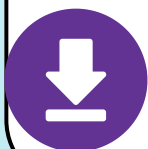
Before the next week starts, use Sunday as a time to reset and decompress! Make time for YOU! Use your day to:

- Clean your room/dorm.
- Do laundry.
- Meal prep for the week.
- Hang out with friends or call home.
- Enjoy your favourite show or music.
- Hit the campus gym or go for a walk/run.

4. DON'T BE AFRAID TO ASK FOR HELP

- Reach out to DHF, including signing up for a mentor, if you need someone to talk to or need help navigating the transition between high school and post-secondary with T1D.
- Post-secondary institutions also have accessibility/disability offices and mental health services that are there to help.
- Your endocrinologist, diabetes nurse/educator, and dietitian, are also excellent resources if you have questions.
- Call home to connect with family or friends and let them know what is going on.
- If you are in distress, access campus resources and/or other mental health resources, such as distress lines and counselling.

★ it's OK to ★
ASK for HELP



DOWNLOADABLE RESOURCES

www.diabeteshopefoundation.com/transition-resource-hub

SAMPLE DOCTOR LETTER

SAMPLE T1D EMAIL

IMPORTANT CONTACTS FORM

PERSONAL BLOOD SUGAR CHART
(2 PAGES)

PERSONAL PUMP SETTINGS

PACKING CHECK-LIST

CLINIC REFRESHERS

COMMUNICATION AGREEMENT
(2 PAGES)

MENTAL HEALTH RESOURCES



Sample Accommodations Letter from Your Doctor

Date

**Make sure to ask your doctor to send
the letter on their office letterhead!**

Dear (Institution),

RE: (patient name)

This letter is written in support of (patient name) and their request for accommodations at (name of institution). (Patient name) carries a diagnosis of type one diabetes and has been followed by the (name of diabetes clinic) for X number of years at (name of hospital).

PATIENT NAME requires ongoing monitoring of their blood glucose levels using a DEVICE/PHONE as well as the administration of insulin via INSULIN PUMP OR MULTIPLE DAILY INJECTIONS in order to maintain their health.

I recommend the following accommodations for PATIENT NAME in order to ensure they are able to fully and safely participate in their academic program and meet all program requirements: (SELECT ALL THAT APPLY)

- Additional time for tests and/or exams in the event of a diabetes-related medical event.
- Assignment extensions for documented diabetes-related medical events.
- Non-penalized breaks during classes, labs, tests and/or exams to manage diabetes-related medical events.
- Separate writing rooms for tests and/or exams in case they need to manage diabetes-related medical events.
- Food/drink to be allowed during class and for tests/exams in order to avoid hypoglycemia (low blood glucose event).
- Permission to leave the classroom for diabetes-related medical events.
- Permission to have and use medically necessary supplies and technology during class, labs, tests and/or exams.
- Guaranteed on-campus housing, including a private OR shared room, personal mini-fridge and room location priority (i.e. near exits, close to residence advisor, etc.).
- Priority course selection and time-specific exams to accommodate their diabetes management plan.
- Access to audio-recorded and peer-provided lecture notes in case of missed class time.

Please do not hesitate to contact me at (XXX) XXX-XXXX if you have any questions.

Sincerely,

Signature

Doctor's name

Credentials



DOWNLOAD

Sample Email About T1D



Dear (NAME OF PROFESSOR, TEACHER, TA),

I hope you're having a good day! My name is _____ and I will be in your _____ class this semester. I wanted to reach out to virtually introduce myself and let you know that I have a diagnosis of type one diabetes. Type one diabetes is an autoimmune disease that affects the pancreas' production of insulin. Due to this, I need to manually give myself insulin when I eat and self-regulate any high and low blood glucose readings that I have. In order to maintain healthy glucose levels, I check my blood glucose levels using _____.

If you see me on my _____ during class, it is only because I'm using it for my health. In case I have blood glucose reading that is extremely high or low, my _____ may sound a short alarm to alert me. For all high or low readings, I will need to manage my glucose levels in one of the following ways:

1. If my blood glucose reading is high (or a high blood sugar), I will need to give myself insulin using _____.
2. If my blood glucose reading is low (or a low blood sugar) I will need to drink or eat something right away in order to treat it. Typically, I need to have 15 g of fast acting sugar (juice or candy) and then will usually have a small snack over the next 15 - 30 minutes to prevent my glucose levels from going low again.

The sooner I treat my blood glucose, the better – negative physical reactions such as losing consciousness can follow if they go untreated. I will do my best to keep the noise to a minimum while I am managing my diabetes in order to avoid disrupting the class, and if necessary, may step out of the room.

Please see the attached confirmation of my academic accommodations for the term and if you have any questions or concerns, I'm happy to discuss things further.

Thank you for your understanding and support,

(STUDENT NAME)
(STUDENT NUMBER)

****Consider including a photo of yourself, especially in larger lectures.***



DOWNLOAD

Important Contacts and Numbers



EMERGENCY CONTACT NUMBERS:

	Name	Contact Info
Emergency Contact 1		
Emergency Contact 2		
Family Doctor/Clinic		
Roommate/Close Friend		
Resident Advisory (RA)		

FEELING SICK WHILE ON CAMPUS?

	Contact Info	Address
Campus Medical Clinic		
Local Diabetes Clinic		
Local Hospital		
Local Walk-In Clinic		
Regional Public Health		

NEED MEDICATIONS OR SUPPLIES WHILE ON CAMPUS?

	Contact Info	Notes (i.e. address, model number, account number, etc.)
Campus Pharmacy		
Local Pharmacy		
Hometown Pharmacy		
CGM Sales/Tech Support		
Pump Sales/Tech Support		



DOWNLOAD

Personal Blood Sugar Chart

DANGEROUS HIGH _____ mmol/L OR HIGHER	Symptoms	Action Plan
VERY HIGH _____ mmol/L to _____ mmol/L	Symptoms	Action Plan
HIGH _____ mmol/L to _____ mmol/L	Symptoms	Action Plan
COMFORTABLE _____ mmol/L to _____ mmol/L	 <i>I have type 1 diabetes. This chart contains important information about my diabetes management. In case I am unresponsive or confused, follow the action plans and then contact:</i> Emergency Contact 1: _____ Emergency Contact 2: _____	
LOW _____ mmol/L to _____ mmol/L	Symptoms	Action Plan
VERY LOW _____ mmol/L to _____ mmol/L	Symptoms	Action Plan
DANGEROUS LOW _____ mmol/L OR LOWER	Symptoms	Action Plan



DOWNLOAD

How to Use the Blood Sugar Chart

- Fill in your personal reading levels for each blood sugar range based on **your** T1D management, **consulting with your health care team**. We recommend filling out the form *before* printing to ensure it is legible during emergency situations.
- For each range, include **your typical symptoms** as well as emergency symptoms. For a list of potential symptoms to include, review the following resources:
 - [Hypoglycemia: Low Blood Sugar in Adults](#)
 - [Lows and Highs Blood Sugar Levels](#)
- Make sure to talk with your roommates, friends and resident advisor (RA) about your blood sugar ranges, what to do in an emergency and when to call 911.
- **For Action Plans:**
 - **Consult with your healthcare team** about what steps to include in each section based on best practices and your personal plan of care.
 - Be sure to **review your action plan** with your care team so that you understand it clearly and are able to talk about it with others.
 - Show your roommate, close friends and RA how to check your glucose readings in an emergency situation and if you are using a CGM with the option to have followers, talk with them about being added.
 - Be sure to show your RA and roommate how to use Baqsimi in case of extreme lows and attach instructions to your chart. Confirm with your school about what your RA is legally allowed to administer in the case of an emergency.
 - Make sure your roommate, friends and RA know where your low blood sugar supplies are kept in your dorm room (including Baqsimi).
 - Keep extra ketone sticks on hand for when you are sick or have prolonged high blood glucose readings.
 - Include your main emergency contact numbers (i.e. parents/caregivers, siblings, partner, etc.) in your action plan.
- Make copies of the chart for those you think need it and be sure to keep a copy in your dorm room and on your phone.

Reassure roommates, friends and RAs that you are not asking them to take on managing your T1D, but you may need them in emergency situations.

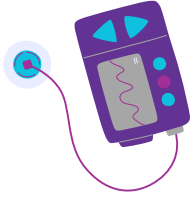


T1D STUDENT TIP

There are [42 factors](#) that can impact your blood sugar, including stress. Make sure to talk with your health care team about any questions you have about how to manage your diabetes in new environments and with during times of increased stress.



Personal Insulin Pump Settings



Insulin Settings:

Be sure to update this chart with your new pump settings when you make changes or modifications, and bring it to your appointments to make sharing the info with your team easier.

Blood Glucose Target Range (mmol/L) Units: g, mmol/L		
Start Time	Low Range	High Range

Insulin Sensitivity/Correction Factor (mmol/L per U) Active Insulin Time (h:mm): _____	
Start Time	Sensitivity Factor

CGM Settings:

In case of a pump malfunction, record your individual CGM settings here to make replacement pump set-up easier.

Basal Rates Maximum Basal Rate: _____ U/Hr	
Start Time	U/Hr

Carbohydrate Ratio (g/U) Maximum Bolus Rate: _____ U	
Start Time	Ratio

Notes:

Document adjustments you make on your own (and why) to share with your team at your next appointment.

Updated on: _____



DOWNLOAD

Packing Check-List

GENERAL DIABETES SUPPLIES:

- ☐ Syringes
- ☐ Pen needles
- ☐ Long-acting insulin vials/pens (with ice)
- ☐ Short-acting insulin vials/pens (with ice)
- ☐ Blood glucose meter, poker, and lancets
- ☐ Test strips
- ☐ Back-up meter in case of an emergency
- ☐ Ketone strips
- ☐ Alcohol wipes
- ☐ Sharps container

TECH SUPPLIES

- ☐ Infusion sets with reservoirs and inserters
- ☐ Pump charging cord
- ☐ Transmitters and/or sensors
- ☐ CGM charging cord
- ☐ Extra batteries
- ☐ Patches/stickers
- ☐ Extra overlay tape

LOW SUPPLIES

- ☐ Portable snacks for between meals
- ☐ Low blood sugar treatments (buy in bulk)
- ☐ Emergency glucagon kit(s)

SICK DAY SUPPLIES

- ☐ Kleenex
- ☐ Over the counter meds for fever/cold
- ☐ Juice/sports drinks
- ☐ Cough drops
- ☐ Thermometer
- ☐ Clinic guidelines on managing glucose

IMPORTANT INFO

- ☐ Medical alert ID
- ☐ Health card and photo ID
- ☐ Important contacts and numbers form
- ☐ Personal blood sugar chart



T1D STUDENT TIPS

- If you are living away from home, be sure to always keep back up supplies in both locations in case you forget anything during your commute, and pack more than you expect to use.
- Find out where the nearest grocery store is for when you need to restock on low supplies and snacks - they're usually cheaper than on-campus convenience stores!
- Always double check your list before leaving!



DOWNLOAD



T1D Clinic Refreshers

Before transitioning to college/university, it's worth getting your current team to go over the basics of diabetes management. Make sure you are up to date and confident in your knowledge ahead of time, and don't be afraid to ask questions of your adult care team when you get there!

- ☐ Carb counting
- ☐ Adjusting carb/correction ratios
- ☐ Emergencies
- ☐ Meal planning
- ☐ Drinking and recreational drug use
- ☐ Sick day management
- ☐ Insurance
- ☐ Disability rights and self-advocacy
- ☐ Physical activity
- ☐ Physical intimacy
- ☐ Prescriptions and supply management
- ☐ Accessibility accommodations
- ☐ Upcoming tech options
- ☐ Differences between paediatric and adult care



T1D STUDENT TIPS

- Your adult clinic will feel different. Give it 3-4 visits to build your new relationship before making any decisions.
- If you're going to post-secondary school, find out if you can get support from your paediatric clinic for setting up accommodations - until you get to know your adult team, they probably know your needs best!
- Be sure to ask about clinic services that may not be covered by provincial health care once you enter adult care, and how much they will cost.
- If you experience a fear of bloodwork, consult with your pediatric team before transitioning so they can help you get ready for doing your bloodwork ahead of adult care appointments.



DOWNLOAD

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.



DOWNLOAD

T1D Communication Agreement

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

Student Strategies

Caregiver Strategies



DOWNLOAD

Mental Health Resources

Distress Lines Across Canada

<https://thelifelinecanada.ca/suicide-prevention-crisis-centre-contact-information/crisis-centres/canadian-crisis-centres/>

Search this site for local distress lines.

9-8-8 Crisis Helpline

<https://988.ca/>

Call or text 9-8-8 to connect with a trained responder who is there to listen and support you.

Kids Help Phone

<https://kidshelpphone.ca>

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868. Available 24 hours a day, 7 days a week to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.

Access Open Minds

<https://accessopenminds.ca/>

Mental health hubs for youth, up to age 25. Visit their site to find in-person centres across Canada where youth can access mental health supports.

Mental Health + Diabetes Directory

<https://directory.breakthrought1d.ca/>

Find a mental health provider who has completed the Mental Health + Diabetes Training Program, a collaboration between Breakthrough T1D and Diabetes Canada.

Good2Talk

<https://good2talk.ca/>

Free, confidential support services for post-secondary students in Ontario and Nova Scotia.

Healing in Colour (BIPOC)

<https://www.healingincolour.com/>

A directory of BIPOC therapists who are committed to supporting BIPO, in all our intersections.

Hope for Wellness Hotline

<https://www.hopeforwellness.ca/>

Call 1-855-242-3310 or visit their website for an online chat. The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.

National Eating Disorder Information Centre (NEDIC)

<https://nedic.ca>

Call 1-866-633-4220

A bridge between community and care for people affected by eating disorders in Canada, NEDIC offers information, resources, referrals and support to individuals living with an eating disorder.



T1D STUDENT TIP

Use the DHF [Transition Guide](#) to learn about campus resources available at your school and connect with a peer mentor through the [HOPE Connects Program](#).



DOWNLOAD

External Resources

Know Your Rights:

- [Federal Disability Reference Guide](#)
- [Canada Student Grant for Students with Disabilities](#)

Your Rights at Work:

- [Disclosure of Disability at Work](#)
- [Overview of Accessible Canada Act](#)
- [Accessibility for Ontarians with Disabilities Act](#)

Student Health Insurance 101:

- [DHF Transition Guide](#)

Self Advocacy Tips:

- [But You Don't Look Sick: Dealing with the Invisibility of Invisible Illness](#)
- [The Importance of Self-Advocacy for Youth Adults with Chronic Conditions](#)

Managing Sick Days:

- [Guidelines for Managing Sick Days with Diabetes](#)

Guide to Navigating Conversations About T1D:

- [Sharing Your Diabetes with Roommates](#)
- [Dating and Diabetes: How to Explain that Diabetes is Serious](#)
- [Talking to Family and Friends About Your Condition](#)
- [Should I Tell Others About My Diabetes, Or Keep It Secret?](#)

Blood Sugar Chart:

- [Managing My Diabetes \(Clinical Guidelines\)](#)
- [Clinical Guidelines - Highs and Lows](#)
- [42 Factors that Affect Blood Sugars](#)





www.diabeteshopefoundation.com



The T1D Student Guide was generously funded by:



AUBREY & MARLA DAN
FOUNDATION