

T1D STUDENT GUIDE to college & university

written and researched by T1Ds, for T1Ds

DHF DIABETES HOPE FOUNDATION

Transition Resources for Canadian Youth with T1D

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 T1D Campus Support Directory 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

THE PEOPLE BEHIND THIS GUIDE

MEET THE AUTHORS



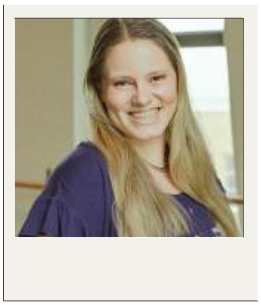
Heather Janine

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!



Ravjot Samra

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!



Abbi Cloth

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!

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

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T1D STUDENT GUIDE TO COLLEGE AND UNIVERSITY

INSIDE THIS GUIDE

The guide has four sections. Each one includes student tips, important information and tools to help you through your first year at college or university.

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Telling people about T1D and navigating relationships

ADDITIONAL RESOURCES 27

QR codes, forms, templates and mental health resources

TRANSITION RESOURCE HUB

Explore DHF's Online Resource Hub for free downloads and webinars, all designed with T1D youth to help you navigate adulthood with T1D.

diabeteshopefoundation.com/transition-resource-hub

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 included to enhance your knowledge.

SECTION 1

YOUR RIGHTS AND SELF-ADVOCACY

Know your rights as a student with T1D, set up accommodations, and make sure your health coverage follows you to school.

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KNOW YOUR RIGHTS

Whether you identify as a person with a disability is 100% your choice. Here is what you should know about your legal rights in Canada as a person living with T1D.

Does Canada consider T1D a disability?

- Under the Canadian Human Rights Act, a chronic condition that limits everyday routines is considered a disability.
- The Government of Canada recognizes type 1 diabetes as a disability because of its daily demands and health risks.
- That recognition gives you legal protections in Canada and internationally.

The laws that protect you

Canadian Charter of Rights and Freedoms

Section 15 guarantees equality regardless of race, gender, sexuality or disability.

Canadian Human Rights Act

Builds on the Charter so everyone is treated equally, regardless of age, gender or disability.

UN Convention on the Rights of Persons with Disabilities

An international treaty protecting the rights and dignity of people with disabilities.



T1D STUDENT TIP

In all public spaces, you must be allowed to manage your T1D without barriers: injecting insulin, checking your blood sugar, eating, and drinking juice or water.

Do you qualify for the Disability Tax Credit?

- The Canada Revenue Agency offers the **Disability Tax Credit (DTC)** to help with the costs of living with T1D.
- Most people with T1D are eligible. Your doctor completes **Form T2201** and the CRA reviews it.

Find the Disability Tax Credit QR code on page 42.

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.

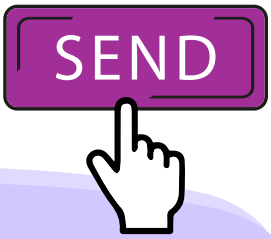


STEP 2:

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.





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!



Find your school's accessibility office

Scan the QR code to look up the Student Wellness Centre or Accessibility Office at your school in the DHF Campus Support Directory.

ACCOMMODATIONS YOU CAN REQUEST

Below are common accommodations you can ask your school for as a student with T1D. For more information, download the *Student Guide to Accommodations* in the DHF Resource Hub.



Lecture notes

Access to audio-recorded and peer-provided lecture notes.



Separate exam rooms

Separate writing rooms for taking tests and exams.



Extra time and breaks

Extra time on tests and exams, non-penalized breaks, and extensions for T1D-related issues.



Supplies and tech

Permission to have and use medically necessary supplies and tech in class and exams.



Scheduling priority

Priority course selection and time-specific exams (e.g. afternoon exams only).



Food and drink

Food and drink permitted during class and for tests and exams.



Housing

Guaranteed on-campus housing, private or shared, with a room near exits or your residence advisor.



Leaving class

Permission to leave the 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



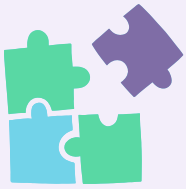
EDUCATE!

- 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" (Medium) and "The Importance of Self Advocacy" (Our Odyssey)

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 (see Explaining Diabetes, page 25) 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.



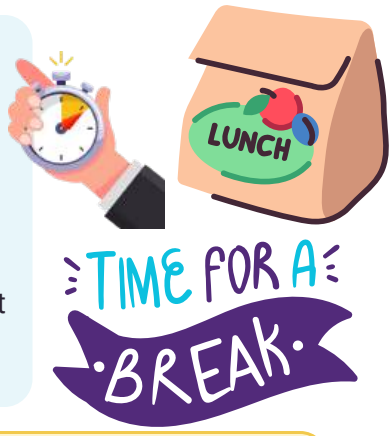


Accessible Canada Act (ACA)

- 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 (AODA)

- 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!

STUDENT HEALTH INSURANCE 101

Automatic Opt-In

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

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 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.
- Scan the QR code to open the Transition Guide and research insurance plans for your school of choice.

Scan for the Transition Guide

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

Scan for the Transition Guide

STUDYING OUT OF PROVINCE

Temporarily living in another province for school?

- You can keep using your provincial health coverage as long as you give the Ministry of Health proof that you are a full-time student at an accredited school in Canada.
- Look into local pharmacies and health clinics early so prescriptions and referrals are set up before you move. If needed, talk with your campus health clinic about your prescription needs. Consider on-line pharmacies that make it easy to set up automatic refills and allow you to easily change your mailing address for when you are away at school.

Permanently moving to another province?

Complete two steps to keep your provincial health insurance coverage:

1. Tell your current province's Ministry of Health that you are moving. Your current coverage (such as OHIP in Ontario) continues for three months after you move.
2. Contact the Ministry of Health in your new province and register for health insurance. Your new coverage starts after three months.



T1D STUDENT TIP

Before you move, scan the QR code to open the **T1D Campus Support Directory app** and look up endocrinologists, diabetes clinics and pharmacies near your new school.

SECTION 2

CAMPUS LIFE

Everyday life on campus with T1D: what to carry, eating well, setting up your room, sick days and going out.

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Eating well in residence and on a meal plan

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What to carry with you every day

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Setting up your room for life with T1D

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Parties, drinking and staying safe

MANAGING SICK DAYS 20

What to do when you're sick at school

MEAL PLANNING ON CAMPUS

Tips to keep you fueled and in range, wherever campus takes you.

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!

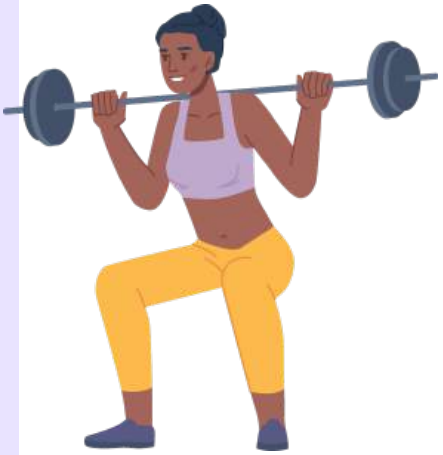
Celiac Student?

- 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!



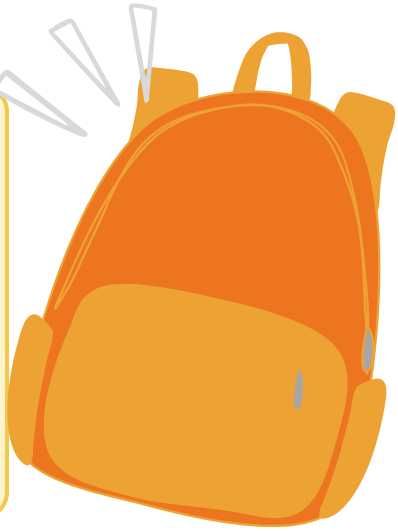


Night Classes or Late Study Groups?

- 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!



WHAT'S IN YOUR BAG?



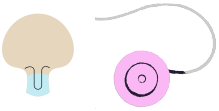
Insulin vial(s), syringes and/or pens



Travel size ice packs



Glucose meter and/or CGM reader, extra test strips & lancets



Backup insulin pump infusion set and CGM (if applicable)



Emergency low supplies



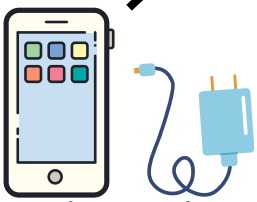
Medical alert ID and/or info card



Snacks



Emergency contact info (paper or digital copy)



Phone and charger



Alcohol wipes and hand sanitizer



Wallet with money and your health card

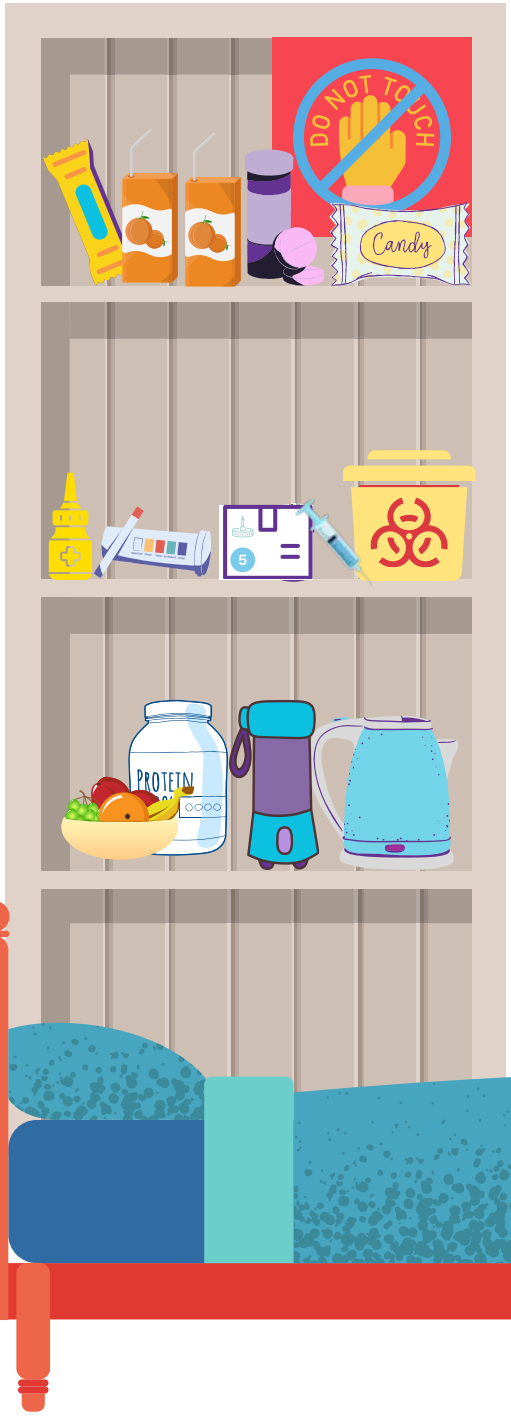


Water bottle

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.

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.





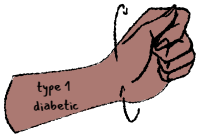
- Sick day kit.

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!

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.

Restaurants and bars often add extra sugars and less alcohol to their drinks so check your sugars often.



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.

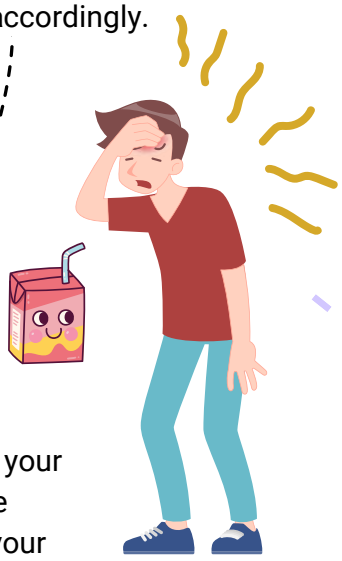
HAVE FUN AND STAY SAFE!



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!





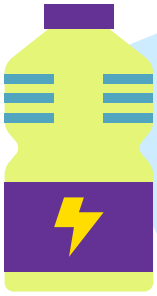
FYI

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 on alcohol and diabetes, see the Additional Resources page.

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.





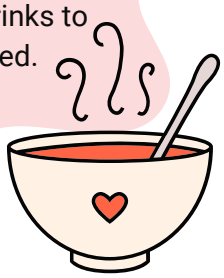


Keep a contact list including family, clinics, and emergency phone numbers in case of emergencies, and check in with caregivers!





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 on managing T1D while sick, see "Staying Safe When You Are Sick or at Risk of Dehydration" on page 42.

SECTION 3

T1D TALK

How to talk about T1D with the people in your life, from new roommates to family, and how to look after yourself.

EXPLAINING DIABETES 22

Simple ways to explain T1D to new people

ROOMMATES 23

What your roommate should know

DATING & INTIMACY 24

Talking about T1D with a partner

TALKING WITH FAMILY & FRIENDS 25

Setting boundaries as relationships change

SELF-CARE TIPS 26

Looking after your mental health

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 (e.g. 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 (page 34), and ensure everyone knows to call 911 if you are ever unconscious, unaware, and/or unresponsive.

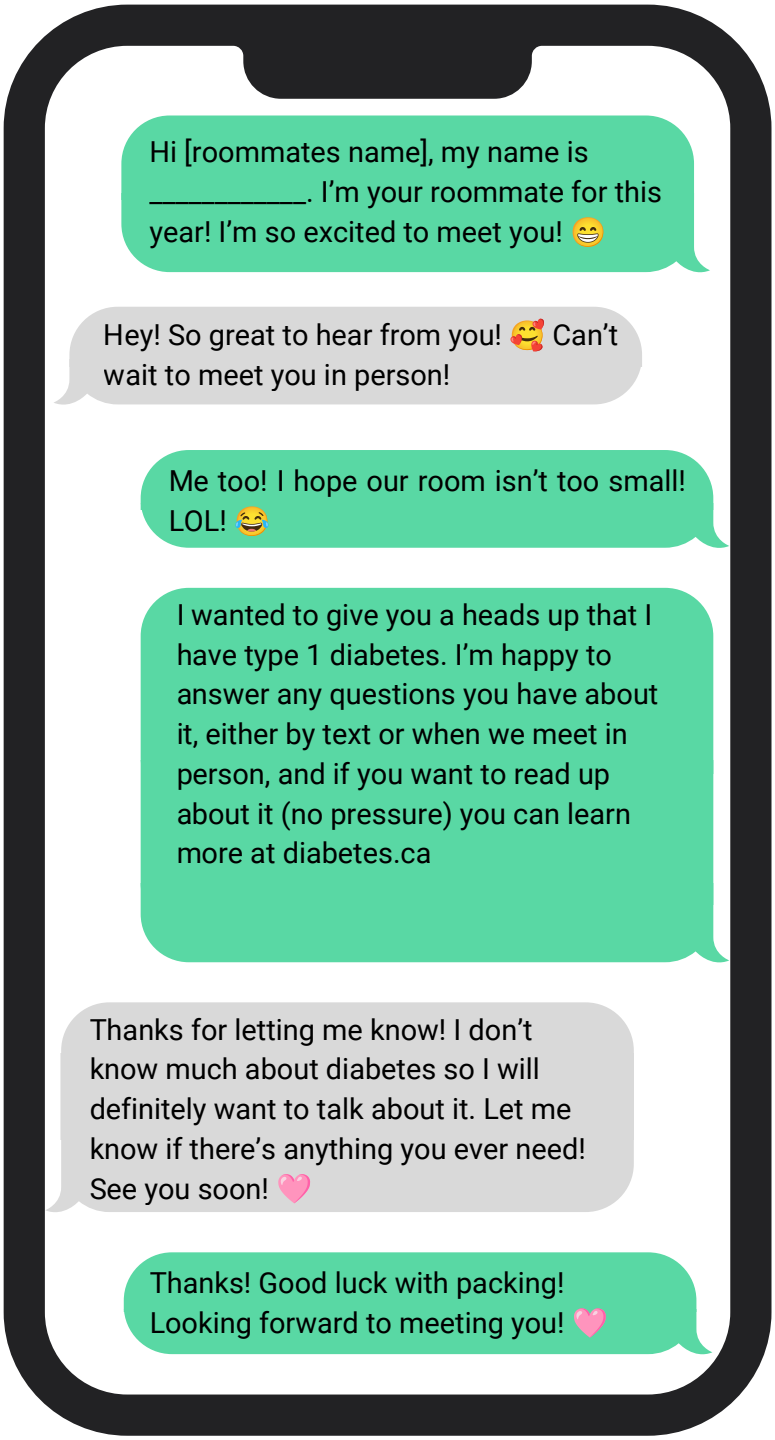
T1D STUDENT TIPS

- Make a list of who you will tell about your T1D. Consider people who need the information in case of emergencies (e.g. 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" (Diabetes Care Community)

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** (e.g. extreme lows). Be sure to share the Blood Sugar Chart (page 34) with them and show them how to use your glucagon kit. *Tip: Nasal sprays are less intimidating to use!*



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 Scarytial Partners About T1D

- 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 of what you do to take care of yourself, and be open about what supports you may need (e.g. 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—When to Introduce Type 1 to the Relationship" (Beyond Type 1)

TALKING WITH FAMILY & FRIENDS

Starting school is a big shift for your whole family. Talk with your family and friends to clarify what support you want and need. Have these conversations before school starts and set clear boundaries. Boundaries are fluid and can change over time! Your supporters mostly want to know that you are okay. Think about where you need support, what it looks like, and how often they can ask.

Questions to consider

- Do you want reminders about doctor's appointments?
- Who will order your supplies, and will they ship to your home or school?
- If applicable, who will you share CGM readings with, and when?
- If a low alarm goes off, when should others get involved and what should they do? Who can your parents/caregivers call if they can't reach you?
- How often can supporters ask about your T1D, and how?

For supporters

Remember that the student in your life is capable of leading their own T1D management. Let them know you are always there, but let them lead on what support looks like.



Setting Boundaries

As you take on more responsibility for your diabetes management, 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 TIPS

- Make safety plans for extreme lows and highs with family, friends, roommates and RAs. Share the Blood Sugar Chart (page 34) with anyone less familiar with T1D.
- Consider sharing your CGM data with parents/caregivers when going out, especially if alcohol or drugs are involved.
- Use the Communication Agreenment (page 39) to guide conversations about shifting boundaries.

SELF-CARE TIPS

T1D is about more than counting carbs and insluin doses, with more than 42 factors impacting your blood sugar. It's important to make time to take care of yourself beyond T1D, so try a few of these self-care tips to stay on top of your mental health and well-being.



1. Eat a Well Balanced Diet

Eating nutritionally rich foods can:

- Improve your mental health and brainpower.
- Help you succeed in your studies.
- Help keep blood sugars in a safe, manageable range.
- Tip: don't skip meals – make eating a social event with friends!



2. Immerse Yourself in Campus Life

Make the most of campus life to meet new people!

- Join a club – some schools even have a diabetes club!
- Check your Student Union page for clubs that match your interests.
- Try out for intramural or competitive sports to meet people and stay active!



3. Practice Sunday Resets

Use Sunday to reset and decompress – make time for YOU! Try to:

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



For a list of mental health resources, see page 37.

4. Don't Be Afraid to Ask for Help

- Reach out to DHF to sign up for a mentor (page 30) if you need someone to talk to or help with the transition to post-secondary with T1D.
- Your school's accessibility/disability office and mental health services are there to help.
- Your endocrinologist, diabetes nurse/educator and dietitian are great resources for questions.
- Call family or friends and let them know how you're doing.
- If you are in distress, use campus resources (page 30) or other mental health supports, such as distress lines and counselling (page 41).

SECTION 4

ADDITIONAL RESOURCES

PRINTED IN THIS GUIDE

Important Contacts Form	**Page 30**
Personal Blood Sugar Chart	**Page 31**
Packing Check-List	**Page 33**
Clinic Refreshers	**Page 34**
Sample Doctor Letter	**Page 35**
Sample T1D Email	**Page 36**
Mental Health Resources	**Page 37**
Links from other organizations	**Page 38**

EXPLORE THE TRANSITION RESOURCE HUB

With all the information you need to navigate adulthood with T1D, including preparing for adult care and dating and intimacy.

MORE FROM DHF

Check out the other programs and resources offered by DHF to ensure you have the supports you need to navigate your transition to post-secondary school.

Campus Support Directory
Look up your school



HOPE Connects Mentor Sign-Up
Find a peer mentor

DHF Campus Connects
Private Instagram group chat



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		

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 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:*** **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**

HOW TO USE THE BLOOD SUGAR CHART

- Fill in your personal reading levels for each blood sugar range on the chart (page 34), based on **your** T1D management, **consulting with your health care team.**
- For each range, include **your typical symptoms** as well as emergency symptoms. For a list of potential symptoms to include, review the following resources (links on page 42):
  - 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.
- Write in clear, dark ink so the chart is legible in an emergency. Make copies of the chart for those who need it (a digital copy is on the Transition Resource Hub, page 30), and keep one in your dorm room and a photo 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 during times of increased stress.

Source: "42 Factors That Affect Blood Glucose?!" (diaTribe), listed on page 42.

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

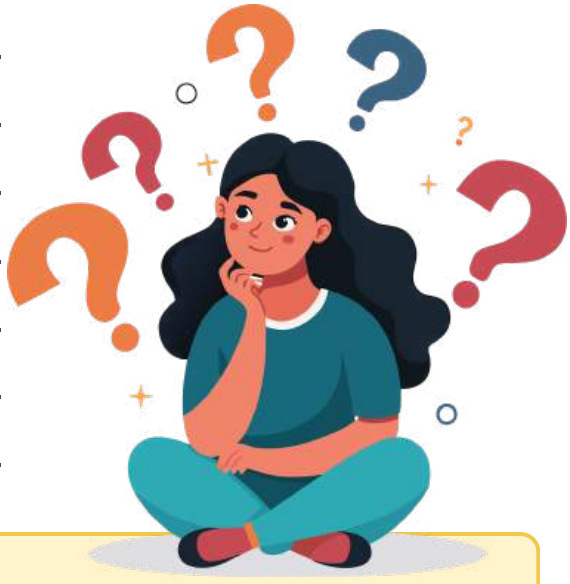
- If you are living away from home, be sure to always keep back up supplies in both locations in case you forget anything during your commute, and pack more than you expect to use.
- Find out where the nearest grocery store is for when you need to restock on
- low supplies and snacks - they're usually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



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 paediatric team before transitioning so they can help you get ready for doing your bloodwork ahead of adult care appointments.

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

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.

Mental Health Resources

Distress Lines Across Canada
Search this site for local distress lines.

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

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

Good2Talk
Free, confidential support services for post-secondary students in Ontario and Nova Scotia.

Healing in Colour (BIPOC)
A directory of BIPOC therapists who are committed to supporting BIPOC in all our intersections.

Hope for Wellness Hotline
Call 1-855-242-3310 or visit their website for an online chat. The hotline 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)
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.

Jack.org
Youth-led mental health charity. Visit their site for peer-led programs and resources for young people across Canada.

External Resources

KNOW YOUR RIGHTS & MONEY

- Federal Disability Reference Guide
- Canada Student Grant for Students with Disabilities
- Disability Tax Credit (CRA)
- Overview of the Accessible Canada Act
- Disclosure of Disability at Work (AODA)
- Accessibility for Ontarians with Disabilities Act (AODA)
- Student aid for students with disabilities (Newfoundland and Labrador)

TALKING ABOUT T1D

- Sharing Your Diabetes Information with Roommates
- Dating—When to Introduce Type 1 to the Relationship
- Talking with Friends and Family About Your Condition
- Should I Tell Others About My Diabetes, Or Keep It a Secret?
- "But You Don't Look Sick" (Medium)
- The Importance of Self-Advocacy (Our Odyssey)

BLOOD SUGAR & SICK DAYS

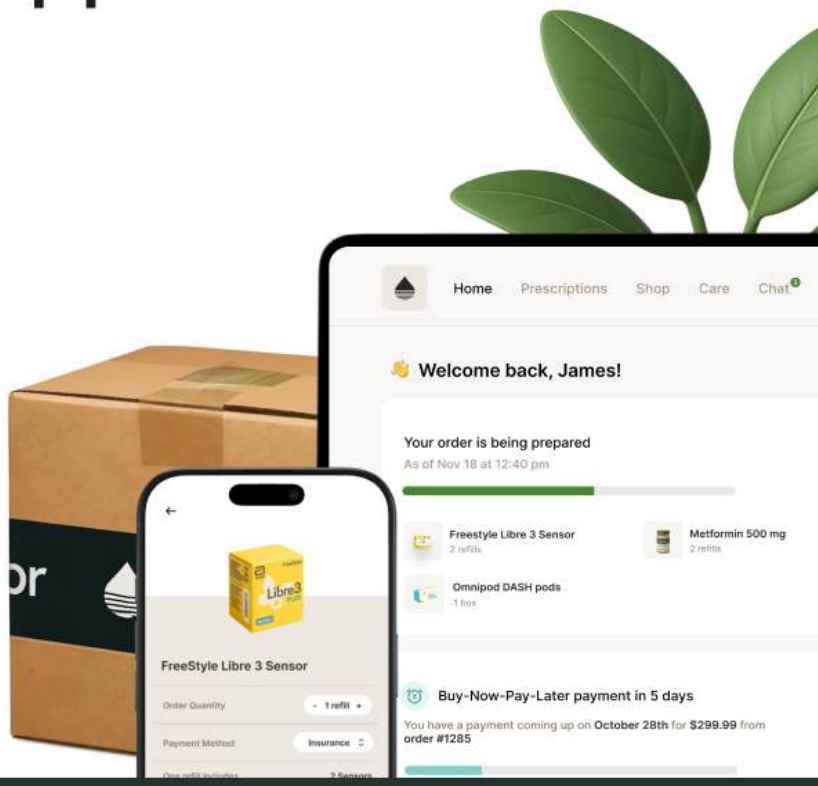
- Staying Safe When You Are Sick or at Risk of Dehydration
- Hypoglycemia: Low Blood Sugar in Adults
- Lows and Highs: Blood Sugar Levels
- 42 Factors That Affect Blood Glucose

endor health

4.7 ★ on App Store 5.0 ★ on Google

It's like Uber Eats but for your diabetes care & supplies

- Pharmacy
- Pump Supplies
- Chat with diabetes educators
- Direct billed to insurance
- Ships fast to wherever you are



The ideal care companion for young adults

Endor Health is a free pharmacy and care app built for life with diabetes in Canada – the ideal companion for young adults taking over care for the first time.

Order all your prescriptions, care products and pump supplies from one app on autopilot and delivered free – to wherever you happen to be.

Download on the App Store GET IT ON Google Play

Or sign up free at www.endorhealth.com

Made in Canada by Canadians living with diabetes

The Guide to Adult Care was developed with the support of:

AUBREY & MARLA DAN FOUNDATION

Clinic pint copies were made possible thanks to:

endor health

DHF DIABETES HOPE FOUNDATION

www.diabeteshopefoundation.com