

What a 17 year-old should know about diabetes

Preparing for Your First Visit with Your New Diabetes Team

Choosing a new diabetes provider

- Allow plenty of time to find the right provider for you and to schedule a new patient appointment. You will need to determine if he/she accepts your insurance. You can sign a release of information in order for your current team to send your past records.

Expectations

- You will be expected to be more independent and to take a more proactive approach with your diabetes care.
- Your provider will likely ask for your thoughts and suggestions on diabetes care whereas in the past your parents might have made more of the decisions. Say what you think, be honest, and ask questions if you don't understand.
- Come to your visit prepared. Bring a complete list of current medications (both diabetes and non-diabetes), blood sugar logbooks, meters, meter or pump downloads, etc., to your visit. Don't forget a list of questions!

Heading off to College

- ◆ Mark the "disability" box on the college application form. This notifies the school that you have a medical condition that may require special attention.
- ◆ Register at the disabilities office/resource center if visiting the campus. By registering, you may qualify for special/preferred housing, parking and meal plans.
- ◆ Identify other healthcare resources: school-student health center, primary care physicians, emergency services, and endocrine/diabetes care.
- ◆ Visit the health center. Find out if they can help you dispose of your sharps.
- ◆ Try to get housing with convenient access to food. Consider a **meal plan** so you won't always have to cook but will have easy access to food.
- ◆ Have your diabetes supplies easily accessible. You will need a hard plastic sealable container for your used medical sharps.
- ◆ A small **refrigerator** in your dorm room is essential for storage of emergency snacks or light meals (milk yogurt, cheese, juice), and insulin.

- ◆ Tell **key people** that you have diabetes: roommate(s), dorm neighbors, the resident advisor (RA), instructors. Teach them what it means to have a low blood sugar, what symptoms you may have and how to treat it. Make sure they know where to find your emergency supplies- **Be prepared**

For more information about college and diabetes, refer to the following helpful websites:

“Taking Diabetes to College” <http://www.diabetes.org/assets/pdfs/schools/going-to-college-with-diabetes.pdf>.

“Diabetes College Network” at <http://collegediabetesnetwork.org/students/advocacy-student-rights/>.

College Bound: Preparing to You're your Diabetes Away From Home:
http://www.joslin.org/info/college_bound_preparing_to_take_your_diabetes_away_from_home.html.

Sample Letter to Roommate: http://www.childrenwithdiabetes.com/d_0q_422.htm.

Insurance and You

- Because of your diabetes, health insurance is not a luxury but a necessity to make sure that you have regular access to healthcare and prescriptions. You need to make sure you have health insurance benefits and know how they work before you leave home.
- Under healthcare reform legislation in 2010, insurance plans must allow children to extend their insurance through parents until they are 26 years of age.
- If you don't have insurance, then you contact the **State of CT's Husky and or Charter Oak plans**. HUSKY is an insurance program for children under 19 years of age. There are different plans for depending upon income, but every child under 19 without insurance, is eligible for HUSKY in the State of CT.

Please refer to the HUSKY website for more information and an application.
<http://www.huskyhealth.com/hh/cwp/view.asp?a=3573&q=421548&hhNav=|>.

- If you are over 18 years of age, you may be eligible for HUSKY D (for Low Income Adults) or The Charter Oak Health Care. Please refer to this website for more information. <http://www.charteroakhealthplan.com/coh/site/default.asp>.

