



(12-18 YEARS OLD)

I AM AN ADOLESCENT

How I manage my diabetes:

- I can check my BG
- I can give insulin injections
- I can choose coping strategies
- I can change my infusion sets & set my pump
- I can tell you when I have a high/low BG
- I can carb count
- I am an equal member of my healthcare team

At this age...

- I need independence and like my privacy
- Friends and social status are important to me
- I'm aware of my body and how it looks/appears to others
- I think I'm invincible and think things won't affect me
- You might notice extreme swings in mood/behavior

Distraction Ideas:

- Encourage me to play music
- Offer me some fidget toys (stress ball, pop-it)
- Encourage me to take deep breaths

How you can help me with my diabetes:

- Talk WITH me about how much insulin I should get
- Help me figure out a good schedule for checking my BG, giving insulin and checking my infusion sets
- Give me as much independency and privacy as I'm comfortable with
- Give me reasonable choices
- Communicate WITH me about my care plan