



# OFF TO COLLEGE WITH DIABETES

**CDN**

**GUIDE FOR CAREGIVERS**



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Thank you to the CDN Clinical Advisory Committee Members for their assistance in developing the content for these booklets.

## INTRODUCTION

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# Your child is heading off to school soon and you're filled with so many different emotions.

This is what you've been working towards with your child for 18 years, but this exciting time can also be filled with worry for any parent (*let alone a parent of a child living with type 1*).

This booklet is here to help ease your mind. Young adults with diabetes from across the country have helped assemble the following wisdom based upon their real-life experiences. We at the College Diabetes Network (CDN) are here to help you and your child navigate all the stages of college life.

### DISCLAIMER

This booklet contains no medical advice. Discuss any medical decisions with your doctor. All information shared by peers is regarding their own personal experiences. The information contained in this booklet was reviewed by the American Diabetes Association® and TCOYD.

## The College Diabetes Network

The College Diabetes Network (CDN) is the only organization focused exclusively on helping teens and young adults with T1D transition to independence – facilitating peer camaraderie and programs, and providing life-changing information -- giving young adults the confidence to take ownership of their health to live a full life without compromise.

CDN equips young adults with the confidence to manage T1D while in college by providing information on topics that, let's be real, aren't typically the highest priority during a typical endo appointment. *Some of these topics include, but are not limited to:*

- ▶ Scholarships
- ▶ Drinking with diabetes
- ▶ Technology and data sharing
- ▶ How to communicate effectively with family members
- ▶ Emotional wellbeing
- ▶ Accommodations and student rights
- ▶ **We've got it all—and more.**

**CDN Membership** You can sign up online for free at [collegediabetesnetwork.org/signup!](https://collegediabetesnetwork.org/signup!) CDN Membership can provide you and your child with:

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Benefits, promotions, and giveaways from our partnering organizations and corporate members, and exclusive access to internship and job openings.

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Notifications about clinical trials and patient advisory committees looking for participants.

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Alerts on new things affecting the diabetes community and updates from CDN students across the country.

**CDN Campus Chapters** Visit the CDN website for a list of all the active campus Chapters in our network. Don't see your child's school? Don't worry! There are other ways to connect, or your child may want to start a Chapter of their own. Email [chapters@collegediabetesnetwork.org](mailto:chapters@collegediabetesnetwork.org) to learn more.

**Online Resources** Our website has tons of resources. You'll also find an awesome blog full of real-life experiences from students.

**Parent Facebook Group** CDN moderates a private Parent Facebook group where you can connect and chat with other parents of T1D young adults who get what you're going through. Visit [facebook.com/groups/CDNParentgroup](https://facebook.com/groups/CDNParentgroup) to request access.

**CDN Direct Contact** Lastly, CDN staff and students are always available for questions, concerns, or just to chat. Don't be shy, say hi! [info@collegediabetesnetwork.org](mailto:info@collegediabetesnetwork.org)

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## THANK YOU TO OUR SPONSORS

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We want you to spend your time searching for schools, not scouring the internet for diabetes resources.

CHRISTINA ROTH  
CEO AND FOUNDER

**The College Diabetes Network** would like to thank our 2018 project sponsors Dexcom, JDRF, Insulet Corporation, Lilly Diabetes, Novo Nordisk, Sanofi, and Tandem Diabetes Care, for their support of this project and their commitment to easing the transition from high school to college for young adults living with diabetes. We would also like to thank the American Diabetes Association and TCOYD for reviewing these materials, and AADE, NCBDE, and Children with Diabetes for being distribution partners. Together, with these partners, we are combining forces to make resources and support available to any family in the United States going through this transition—helping to simplify, rather than further complicate it. The content of these booklets is, as always, based on the views and experiences of the CDN and our students. The content is entirely our own, and has been developed independently from any and all sponsors/partners and may or may not represent their views and opinions. So, to sum it up: CDN student wisdom—real tips, real experiences, no bull, and a little bit of sass.

# PREPARING FOR COLLEGE









# COMMON CHALLENGES FOR STUDENTS ON CAMPUS

## STUDENT CHALLENGE

## HOW YOU CAN HELP

### Dining hall

The dining hall can present a challenge to students with diabetes. It can be tough to access things like nutritional information and serving size, making carbohydrate counting and bolusing feel more like picking lottery numbers.

### Staple items

Many students can find all the dining hall options overwhelming, and can sometimes overeat (hence, the ‘freshman 15’). Your student may have the same problem. Know that it is very common and your student is making their own food choices, often for the first time. They may make some poor selections, which can impact their blood sugar. Instead of getting frustrated, you can help by offering to stock their room with healthy meal options. Once the novelty of eating grilled cheese each night wears off, your student is likely to start eating a more balanced diet.

### Having a sporadic schedule and no routine

College students are known for having crazy schedules. Classes take place at different times on different days; homework, studying and social events dictate their free time, and their eating and sleeping schedules are captive to the above factors each day. This can be a tough environment in which to manage diabetes because it can make seeing patterns difficult.

### Support

It may be impossible for your student to keep the same schedule and routine each day. For the first semester or two, ask if your student wants to share their schedule with you so you can help them figure out how to fit diabetes in around their busy days. Your child is learning how to manage this disease, while also balancing the hectic life of a college student—and this is no easy feat. Show empathy and ask what you can do to help from afar.

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to College  
Booklets!**