

# OFF TO COLLEGE WITH DIABETES

**CDN**

**GUIDE FOR STUDENTS**



# TABLE OF CONTENTS

<b>Introduction</b>	<b>1</b>
<b>Sponsors</b>	<b>3</b>
<b>Preparing for College</b>	<b>4</b>
Common Challenges to Expect When You Get to Campus	6
Family Communication Agreement	8
Looking at Schools Guide	10
Registering for Accommodations for Standardized Tests	14
Registering for Accommodations on Campus	16
Preparing to Move Out: A Timeline	28
<b>Life on Campus</b>	<b>37</b>
What is a CDN Chapter?	38
Clinical Care: Finding a New Doctor	40
Managing Sick Days	44
Having "The Talk" with Friends and Roommates	46
Emotional Wellbeing: Dealing with Burnout	48
Drinking with Diabetes	50
Rights During Emergency Situations	52
Entering the Working World	54
Technology on Campus	56
Data Sharing	58
First Break Home	62
<b>Letter from a Student</b>	<b>Back cover</b>

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

## **INTRODUCTION**

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**Thinking about college?  
Packing and counting down  
the days? Props to you.**

**Oh yeah, and you have  
diabetes, too? We get it,  
we've been there.**

### **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.

Young adults with type 1 diabetes (T1D) from across the country have come together to compile the wisdom in the pages of this booklet. They want you to worry less, learn from their mistakes, and enjoy this exciting time in your life (hint: it only happens once).

We at the College Diabetes Network (CDN) are here to help you navigate all the stages of college. So while this booklet is truly awesome (we're not biased or anything), be sure to sign up for our free student membership to stay up to date on all of our other programs and resources that can benefit you.

## 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
- ▶ Talking to friends and roommates about diabetes
- ▶ How to communicate effectively with family members
- ▶ Emotional wellbeing
- ▶ Accommodations and student rights
- ▶ **We've got it all—and more.**

**CDN Student Membership** You can sign up online for free at [collegediabetesnetwork.org/signup](http://collegediabetesnetwork.org/signup)! You don't need to be part of a Chapter, or a college student, to take advantage of these benefits. CDN student members receive:

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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 issues affecting the diabetes community and updates from other CDN students across the country.

**Dexcom**<sup>®</sup>  
CONTINUOUS GLUCOSE MONITORING

**GVOKE**  
**HypoPen**<sup>®</sup>  
(glucagon injection)



*Lilly* | DIABETES



The content in these booklets has been reviewed by

**TCOYD**  
TAKING CONTROL OF YOUR DIABETES



Thank you to our distribution partners



## 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 TO EXPECT WHEN YOU GET TO CAMPUS

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While everyone has different experiences at school, it's important to keep in mind that some challenges are common and regularly mentioned by students. We want to share some of these challenges before you leave so you can be better prepared to tackle them once you are on campus.

## CHALLENGES



### Having a sporadic schedule and no routine

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

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### Stress

With exams and ten-page papers that you've procrastinated on until the last minute, it's inevitable that you're going to experience a great deal of stress at various times throughout college. The problem with stress is that in some people it can raise blood sugars to epic proportions.

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### Dining hall

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

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Booklets!**