The truth? It's hard to find advice about how to deal with type 1 diabetes in some of the more personal aspects of your life.

These include a wide array of social situations, including telling your date about diabetes, managing diabetes technology during intimacy, staying safe when having a beer or glass of wine (for those who are of age), and many other situations.

The first place you should go to for advice is your diabetes care team. Believe it or not, they've had many conversations about these very topics.

Next, reach out for support. There are some aspects of living with diabetes that you will only be able to talk about with your diabetes care team or another person with type 1 diabetes. These are the people who truly understand what you are going through and can offer meaningful advice, or at least a sympathetic ear.

We've included resources below that should be helpful in navigating these important aspects of life with type 1 diabetes as a young adult.

Updated 2/17/19

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Diabetes Burnout

Eating on Your Own

Exercise

No Exceptions

Common Fears of Parents of Young Adults

Quick Links

Sex, Drugs, + Rock & Roll – Beyond Type 1

Alcohol and Type 1 Diabetes – Breakthrough T1D

Information that can be easily shared with Type 3s (people who love or care about someone with diabetes) – Students with Diabetes