It is important for you to know that everyone needs to build their diabetes social support network (friends, family, trusted adults). Your health care team (which can include a medical provider, a nurse educator, a dietician, social worker, and a psychologist) should always be your first stop for specific medical information regarding type 1 diabetes. But there are also lots of other people and organizations to help you build your Type 1 TEAM!

How to identify family and friends to join your Type 1 TEAM?

Look for family members and friends who will:

- Help you keep a positive outlook.
- Support you in practicing diabetes self-management skills
- Help you make healthy choices
- Are there for you when you need them

Recognize when support is not helpful and negatively affects you:

- Support can sometimes be excessive, overwhelming, and untimely
- This type of support even if well-intention can have the opposite effect of what's intended.
- If you find yourself in a situation like this, you can also reach out to other people in your Type 1 TEAM to ask for help on how to navigate challenging situations (e.g., family members, health care team, etc)

How to find others to join my Type 1 TEAM?

Online Communities and Support Groups

- **Beyond Type 1.** A website with loads of advice and blogs about life with type 1 diabetes.
- **Children with Diabetes.** An online community for children, families and adults with diabetes.
- **Glu.** An online community for people with type 1 diabetes and people who care about them.
- **JDRF.** JDRF offers a Bag of Hope for children who are newly diagnosed with type 1 diabetes, and a T1D Care Kit for newly diagnosed adults. You can request to have these sent to you online. Also check out TypeOneNation, a social network for people

with type 1 diabetes and one-one-one volunteer and online support to answer questions.

In-Person Support Groups and Local Support Communities

- **American Diabetes Association.** (ADA). The ADA offers the for those newly diagnosed. The ADA also runs diabetes camps all over the country, which allow children with diabetes to have a traditional summer camp experience and meet other children with type 1. If you are adult with type 1 diabetes, consider volunteering at your local ADA chapter or as a camp counselor.
- **Children with Diabetes.** This organization holds multiple conferences for children with type 1 diabetes and their families, called Friends for Life.
- **JDRF.** JDRF organizes the TypeOneNation summit, a conference and social network opportunity for people with type 1 diabetes. In addition, local JDRF chapterscan connect you with a mentor who can help.
- **Diabetes Education and Camping Association (DECA).**Over 400 options for youth, young adults, and families impacted by type 1 diabetes. These include week-long sleep away camp, family weekends, and other support activities.
- **Local Churches or Religious Groups.** If faith and spirituality are important to you, consider local spiritual or religious groups that may provide additional support in your diabetes journey.

Working with Schools

- **American Diabetes Association Safe at School Campaign.**
- **JDRF – School Advisory Toolkit.**

Support during the College Years

- **College Diabetes Network.** Provides innovative peer based programs to connect empower students and young professionals to thrive with diabetes.

Diabetes News

- **Diatribe.** Provides free cutting-edge diabetes insights and actionable tips for people with diabetes.

Research & Advocacy

- **ADA.** Become a diabetes advocate. You will receive a few emails a year asking you to contact your legislators about diabetes related legislation.
- **ClinicalTrials.gov**. Learn about current clinical trials and consider participating.
- **JDRF**. Become a diabetes advocate. You will receive a few emails a year asking you to contact your legislators about diabetes related legislation.
- **JDRF**. Stay updated on the latest research or volunteer for a clinical trial at JDRF Research.

Updated 2/28/20

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.

Sources

- American Diabetes Association (ADA)
- ADA – Become a diabetes advocate
- ADA – Loved Ones and Caregivers
- ADA – Safe at School Campaign
- Beyond Type 1
- Children with Diabetes
- ClinicalTrials.gov
- College Diabetes Network
- Diabetes Education and Camping Association (DECA)
- diaTribe

- Glu
- Breakthrough T1D
- Breakthrough T1D – Become a diabetes advocate
- Breakthrough T1D – Research
- Breakthrough T1D – School Advisory Toolkit
- Breakthrough T1D – Community Forum