

#GrowingWithT1D



Did you know...

- about "5 to drive"?
- you see your doctor and diabetes educators at separate appointments?
- you can ask to change anyone on your health care team?
- you should have your blood work done before your appointment?
- drinking alcohol affects your blood sugar?
- there are groups for people with Type 1 Diabetes (T1D)?
- anyone can come with you to your appointment?
- you are in control of your appointments?

[talk to the team about](#)

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Join the conversation and share your experience in moving from pediatric to adult care... **#GrowingWithT1D**

Tool created by youth with T1D in a weekend Design Studio: Ruth 23, Mariam 18, Nate 19, Robert 19, Sarah 17, Nicole 22, Mikayla 19, Jason 20 and Kayla 26

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T1 Empowerment