

Resources to support young people and families to manage type 1 diabetes

my diabetes + my way

Short, online courses covering a range of topics from carbohydrate counting to Freestyle Libre

www.mydiabetesmyway.scot.nhs.uk/know-more/my-lifestyle/elearning/

Check out

Growing Up with Type 1 Diabetes

Covers topics including leaving home, managing diabetes at festivals and concerts, tattoos and piercings, sex and contraception, effect of alcohol and smoking.

Suitable for teenagers

www.mydiabetesmyway.scot.nhs.uk/resources/internal/elearning-courses/growing-up-with-type-1/



A range of information to support children and their parents or carers, teenagers and families in managing and learning about type 1 diabetes.

Topics include, but are not limited to, everyday life, carbohydrate counting, hypo- and hyperglycaemia

www.jdrf.org.uk



Short, online courses covering a range of topics from carbohydrate counting to takeaway food hacks

www.learningzone.diabetes.org.uk/

Need Further Support?

Contact your diabetes team who will be happy to help. Greater Glasgow and Clyde Child and Adolescent Diabetes Service: <http://www.ggc-youngdiabetes.org/>



For a range of learning resources and videos suitable for children and parents or carers, teenagers and families.

Topics include, but are not limited to, recipes with carbohydrate counting, sick day rules, emotional wellbeing, sport and exercise, hypo- and hyperglycaemia and much, much more!

www.digibete.org



Four key learning modules to help you manage your diabetes:

1. My Diabetes - Key Learning
2. Carbohydrate Counting
3. Living with Diabetes
4. Emotional Wellbeing

BERTIE diabetes covers a variety of topics including understanding how insulin works, exercising with type 1 diabetes, learning about carbohydrates, eating out and alcohol, how to cope if you are unwell and emotional wellbeing.

The course offers a mixture of written information, some interactive activities and quizzes and videos prepared by expert diabetes educators.

The whole course can be undertaken from beginning to end or people can dip in and out of topics most relevant to their needs.

To access BERTIE online education, please self-refer to the Argyll and Bute Diabetes Education Team via nhsh.dietitiansdirect@nhs.scot or via 01631 789 041

Not suitable for those aged under 16 years.