

Coping tips for Type 1 diabetes



- **You can live a normal full life and manage your diabetes well.**
- You will be expected to make some adjustments, changes and take medications.
- Discuss with your healthcare team to develop an individualised treatment plan that works for you.
- Be prepared to **learn day-to-day living with diabetes skills** such as making decisions about types and amount of food, insulin doses, glucose monitoring, engaging in exercise, how to respond to different glucose levels and what to do when you feel unwell (**Sick Day Advice** – discuss this with your healthcare team).