



Information for families journeying with  
type one diabetes in the Bay of Plenty



**THE DIABETES CENTRE @ GRACED SUPPORT CENTRE**  
cnr Christopher St & Eleventh Ave Tauranga, 3112

Dear Parent and/or Caregiver

We'd like to introduce you to Diabetes Help Tauranga Youth and an amazing group of families living with type 1 diabetes. Right now, things will probably be overwhelming, and you'll need to take things 'one step at a time.' Take comfort in the fact that your child/teen is now *'on the mend'* and while the road ahead seems daunting, you will adjust.

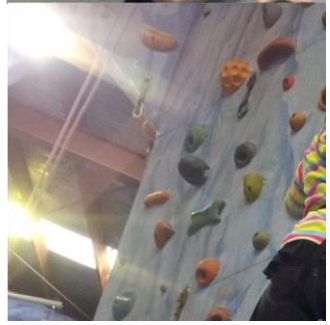
Many of our families have been where you are right now and can vividly recall the early days! Diabetes Help Tauranga Youth, a sub group of Diabetes Help Tauranga can provide information, advice and practical support, plus a shoulder to lean on if needed. We know you might not want to talk to us right now, so we will leave it up to you to contact us when you are ready.

This information leaflet is geared towards children/youth with type one diabetes however, if your child/youth has type two, please call us to discuss how we can assist.

**Remember, when you are ready, we are here for you** and can connect you with children/teens of similar age and interests. Sometimes, all you need to know is that you are not alone, and you most certainly are not!

## HOW WE CAN HELP:

- Support and connections with other families journeying with type one diabetes
- Family camps
- Diabetes Nurse Educator
- Youth Mentors
- Age appropriate events and activities
- Education and information evenings
- Parent Support Team
- Teen/young adult support groups



## DIABETES NURSE EDUCATOR:

Our Diabetes Nurse Educator (DNE) can support you at home, school or kindergarten. Both our DNE and Community Health Worker liaise closely with the Tauranga Hospital Diabetes Team and your GP.

## HOW TO GET IN TOUCH:

**Diabetes Centre:** Graced Support Centre, cnr Eleventh Ave/Christopher St, Tauranga 3112.

**Drop-In** 10-12noon Monday's, appointments/visits available at other times

**Email:** [Info@diabeteshelp.org.nz](mailto:Info@diabeteshelp.org.nz) **Diabetes Nurse:** [debbie@diabeteshelp.org.nz](mailto:debbie@diabeteshelp.org.nz)

**Facebook Pages:** Diabetes Youth & Diabetes Help Tauranga Youth Group (Invite only, for local families to arrange play dates etc)

**INFOLine:** (07) 571 3422 **TEXT:** 027 883 0158

**Website:** [www.diabeteshelp.org.nz](http://www.diabeteshelp.org.nz)

## OTHER USEFUL CONTACTS:

### Facebook Pages:

- Diabetes Parents Unite (Parents only)
- Diabetes Sports and Exercise Association (DESA)
- Type 1 Diabetes Youth/Young Adults in New Zealand

### Websites:

[www.diabeteshelp.org.nz](http://www.diabeteshelp.org.nz); <http://www.diabetesyouth.org.nz> ;

[www.desa.org.nz/](http://www.desa.org.nz/); <https://diabetesauckland.org.nz>;

[www.kidshealth.org.nz](http://www.kidshealth.org.nz);

[www.childrenwithdiabetes.com/](http://www.childrenwithdiabetes.com/)

[www.diabetestrialnet.org/](http://www.diabetestrialnet.org/)

[www.diabetesauckland.org.nz/shop/](http://www.diabetesauckland.org.nz/shop/)

[www.barnabybee.com](http://www.barnabybee.com)

[www.diabetesguides.co.nz/](http://www.diabetesguides.co.nz/)

[www.mediray.co.nz/diabetes/](http://www.mediray.co.nz/diabetes/)

[www.pharmacodiabetes.co.nz/products/meters/caresens-dual/](http://www.pharmacodiabetes.co.nz/products/meters/caresens-dual/)

### Library/Resources:

Large number of books, covering a wide-range of topics, available free of charge. We also have a range of log-books and replacement insulin pens etc

## EQUIPMENT AND SUPPLIES

Most of your medical equipment, prescriptions and supplies will be organised via your hospital team; your GP should however be the main contact for three monthly repeat prescriptions although these will be available from clinic if needed.

## Other things you may need:

### Medical ID Bands:

[www.mediband.co.nz](http://www.mediband.co.nz)  
[www.medicalert.co.nz](http://www.medicalert.co.nz)  
[www.allergypharmacy.co.nz](http://www.allergypharmacy.co.nz)

### Sharps Disposals:

You will be given a yellow sharps bin from the hospital which you can exchange free of charge at any WBOP pharmacy. This is for used insulin pen needles and finger pricker lancets.

### Glucose Treatment:

[www.diabetesauckland.org.nz/shop](http://www.diabetesauckland.org.nz/shop)  
[www.barnabybee.com](http://www.barnabybee.com)  
[www.pharmacydirect.co.nz](http://www.pharmacydirect.co.nz)

### Insulin Cooling Wallets (for travel):

<http://www.mediray.co.nz>  
<http://www.frioinsulincoolingcase.com>

### Glucose and Ketone Meters:

Available from your hospital team; in an emergency replacement can be obtained from your pharmacy or via Diabetes Help Tauranga

### Insulin Pumps (Continuous Subcutaneous insulin Infusion):

We can introduce you to families using insulin pumps. The two currently subsidised pumps are available via your hospital team\* subject to conditions. Pumps are not generally used at diagnosis unless clinically indicated.





**Freestyle Libre** – see page 11

**Apps:**

<https://mysugr.com/>

<https://www.myfitnesspal.com/>

<https://www.carbsandcals.com/app/app>

**Diabetes Management Plans for Schools:**

Your hospital team will introduce you to the Starship website and help you prepare a **‘Management plan’** in readiness for going back to school/Kindy. [www.starship.org.nz/for-health-professionals/new-zealand-child-and-youth-clinical-networks/clinical-network-for-children-and-young-people-with-diabetes/diabetes-in-schools/](http://www.starship.org.nz/for-health-professionals/new-zealand-child-and-youth-clinical-networks/clinical-network-for-children-and-young-people-with-diabetes/diabetes-in-schools/)



**Jerry the Bear:**

Find Jerry the bear at <https://www.diabetes.org.nz/1-pack-and-jerry-the-bear> The Jerry the bear app will help your child understand more about their diagnosis, including administering insulin.



## HOT TIPS

As you navigate your way through type one diabetes, you will learn a few tricks along the way; here are some we have learned:

- Always carry extra supplies of everything!
- Have an ‘emergency kit’ of glucose tabs, jellybeans and juices stashed in airtight container in your car, handbag, kid’s bag, houses of your friends and family who you visit often, just in case. You can add test strips, wipes etc to this as well
- Laminate “How to treat a Hypo” sheets and stick them on the fridge at home, sick bay at school, in the tester kit, friends’ houses etc. We can give you examples if needed.
- Get a couple of blood glucose meters & check you have spare batteries. Add in a download cable too



## Hot Tips (Cont.)

- Glucose powder can be mixed with water to provide an alternative to jellybeans or boxes of juice and is cheaper
- Avoid leaving insulin in the car, if it gets too hot it can 'go off'
- Consider a Frio cooling wallet to keep insulin cool when travelling, ask us for details. Available from <https://diabetesaukland.org.nz/shop/> or [www.barnabybee.com](http://www.barnabybee.com)
- Keep a note of your 'insulin and carbohydrate ratios' in multiple places just in case your log-book goes missing!
- Check expiry dates on Glucagen hypokits, insulin, test strips, juice etc and record on a calendar to remind you to restock all supplies, including those at school. Don't rely on school to advise.

## ENTITLEMENTS

As at June 2018 you are entitled to:

- **Child Disability Allowance**

Speak to your Diabetes Specialist nurse and apply via your GP or Paediatrician to WINZ ASAP. <http://www.workandincome.govt.nz> 0800 559 009

- **Teacher Aid Funding**

Work with your Special Needs Co-ordinator (SENCO) at school to apply for a 'High Health Needs' application for funding for a teacher aide (TA). Many families have been successful in getting a TA in Kindy, Preschool and Primary school but this is not always consistent. TA's usually need to be trained but having one really helps. Contact us if you are having difficulty getting a TA or other WINZ benefits.

- **SIBS Camps** <https://parent2parent.org.nz/>

Through Parent to Parent your child's siblings are eligible for a sibling's camp. Join Parent to Parent, a group that supports families with children with disabilities.

- **Secondary School Exams**

Secondary School Students are eligible for Special Assessment Conditions.

<http://www.nzqa.govt.nz/providers-partners/assessment-and-moderation/managing-national-assessment-in-schools/special-assessment-conditions/>

- **Diabetes Youth NZ - Annual John McLaren Awards (Scholarship)**. This fund recognises the pursuit of excellence across cultural, academic and sporting fields by young people with diabetes and may be helpful for some families

## GETTING BACK TO SCHOOL

This can be daunting for everyone, especially your child/teen. Your Hospital team will help you complete a '**Diabetes Management Plan**' and visit your school/kindergarten as soon as possible. We are also available to underpin the work done by your Hospital team by visiting your school or kindy.

**Every family has a slightly different approach. Some tips include:**

- Laminate your 'Management Plan' for each teacher, staffroom and sickbay area
- Work closely with your school to educate the teaching staff on your 'Management Plan'; consider doing this annually or if staff change. We can help if needed.
- Be aware of the 'National Inclusion Policies' the school must adhere to
- Work with your Special Needs Co-ordinator (SENCO) to arrange a teacher aide.
- Organise permission for testing and eating on school buses or in the class-room
- Once you recognise signs and symptoms of a hypo (low blood glucose) let the school know so they are aware too

<http://www.kidshealth.org.nz/diabetes-school-information>

## GOING ON HOLIDAY

Diabetes does not need to stop you from going on holiday, it just means you have to put in a bit of extra work with planning and organising your supplies. Here are a few tips:

- Pack extra supplies, normally it is a good idea to pack 3 x the amount of supplies you would normally need for that time. This is in case of any delays and for peace of mind
- Do NOT pack your supplies, especially insulin in your suitcase, make sure you take them on the plane as carry-on luggage
- Get some good travel insurance that covers type one diabetes. You may need to phone the insurer directly to check
- If you use an insulin pump, be aware that this cannot go through an x-ray machine. Check the recommendations for your other supplies as to whether they can go through an X-ray or not. You can obtain a letter from your hospital team or GP.
- Depending on how long you are going away for it is a good idea to phone the hotel to make sure you can either have a fridge in your room or they can store your insulin safely for you
- Before leaving home research locations of hospitals and pharmacies

## LOOKING TO THE FUTURE

Now that you have been diagnosed with type one diabetes you might be wondering what this means for your future. Well, let us tell you about some other people who have diabetes and what they have achieved:

- **Chris PENNELL** – A professional rugby player in the UK was diagnosed at the aged of 19 when he was already playing professional rugby, he didn't let it stop him from competing at the highest level
- **Nick JONAS** – Member of the pop group “The Jonas Brothers” as well as an aspiring actor, Nick was diagnosed in 2005. Nick uses his fame to promote awareness of type one and has not let it get in the way of his career
- **Gary HALL, JR** – Olympic Swimmer who proved that despite the extra obstacles diabetes can throw at you, you can still compete on the world stage. He took home a gold medal in the 50-meter freestyle race in 2000 and again in 2004
- **Theresa MAY** – Prime Minister of the United Kingdom. This woman ruled a country with type one diabetes! She was the first Prime Minister (that we know of) to have type one. She has often been photographed with a Freestyle Libre on her arm
- **Chris SOUTHWELL** – Extreme freeride snowboarder who competes internationally, doesn't let diabetes stop him, “On or off the slopes, even with diabetes, with the right control, determination, positive outlook and attitude, you can achieve even your wildest dreams. I'm still living mine.”
- **Bret MICHAELS** – American singer-songwriter and musician. He was diagnosed with type one when he was 6 years old. He even got out his testing kit to test his glucose levels half way through a live television interview
- **Sierra SANDISON** – Model who won Miss Idaho in 2014. This lady was diagnosed at aged 18 and appeared on stage wearing her insulin pump attached to her bikini. She didn't want others to be embarrassed or ashamed of the condition.
- **Vanessa WILLIAMS** – American Singer, Actress, Producer and former fashion model. She now supports many diabetes charities

There are so many people out there who are achieving amazing things and living their dreams, from models to sportspeople, from scientists to authors, and everything in between.

**Sign up as a member of Diabetes Help Tauranga Youth for only \$30 per year; @ [www.diabeteshelp.org.nz/index.php?page=join-us-now](http://www.diabeteshelp.org.nz/index.php?page=join-us-now)**



## PARENT SUPPORT TEAM – here for you

Members of the 'Parent Support Team' are available to visit, chat on the phone or meet at the Diabetes Centre. Each member has been through the experience of having their child diagnosed with type one diabetes and understands a little bit about what you are feeling right now. **The Parent Support Team** are not medical professionals and do not provide 'specific clinical advice'; they can however offer practical advice and support that will help you get to grips with what is happening. Each volunteer member of our team has been cleared by the police, undertaken training and receives regular supervision.

For more information about our policy and procedures, to include our Vulnerable Child Policy, visit <http://www.diabeteshelp.org.nz/index.php?page=who-are-we>



**Jessica** - My little boy Kobe was diagnosed with type one diabetes in 2013 when he was 16 months old.

He was very sick at the time with Diabetic Ketoacidosis (DKA) and ended up being in hospital for nearly a week. It was a very scary and stressful time for us.

We do not have type one in our family, so it was a big shock and a massive learning curve. Kobe was initially on daily multiple insulin injections (MDI) but was started on a Medtronic insulin pump after 3 months, which he has been on ever since. We have also been using the Freestyle Libre since he was 3 years old. Kobe became a big brother in 2018 and is amazing, clever, funny and kind. Type one diabetes is a part of our lives and we have learnt to live alongside it.

I am part of the Parent Support Team because I feel it is so important for those families who are newly diagnosed to know that there are others nearby who know what they are going through and to have someone, who isn't a doctor or nurse, to talk to about the realities of coping and living with the condition. If you would like to talk to me then please call/text 0224517182.



**Jen** - I'm mum to 4 kids and work as a secondary school Science & Biology teacher. My eldest, Tyler, was diagnosed type one diabetes in 2013, just after his 8th birthday.

He was unconscious and in severe diabetic ketoacidosis (DKA) and had to spend 9 days in hospital, including 3 days in ICU. We came very close to losing him and it was a very scary time for us, but he pulled through and is now an amazing young man with a huge heart.

Tyler was on daily injections for the first 10 months and was then approved for a Medtronic insulin pump, which has been a game changer for us, especially now that he has entered puberty, which is a trying time for anyone.

We don't have a history of type one in our family and Tyler's diagnosis was a shock to us. He was very angry for a long time after diagnosis but learnt to come to terms with his 'new normal' and now leads the life of a typical young teenager - doing well at school, helping out with our puppy and getting involved in hockey - both playing and umpiring for his younger siblings.

I am part of the Parent Support Team because I know how overwhelming it is in those early days and it was through some of my own contacts that I met and became good friends with people who had been through the type one diagnosis with their own children. It was these new friends that really helped me through those early months while we navigated our changed routines and tried to make sense of everything. I now want to offer the same help to people who are entering this journey we never signed up for, to help them sort out the information overload and be able to get on with what they enjoy doing in life. You can call/text me on 02102483175.



**Lena** – My son Ezra was diagnosed in 2014 aged 8. He is now 11 and attends a local intermediate school. He is using an insulin pump and Freestyle Libre Flash Glucose Monitoring system to manage his diabetes.

I've been part of the Parent Support Team for 3 years and understand how important it can be to talk to another parent/family who understand. I'd love to catch up with you and can be reached on 0220 284677.

# YOU CAN DO IT WITHOUT LANCETS

**MR**  
MEDIRAY+

Convenient  
Discreet  
Easy  
User-Friendly



Does your child have type one diabetes?

Contact the team at Diabetes Help  
Tauranga to see if you qualify for a free  
trial of the Freestyle Libre\*!



Call the INFOline now on  
07 571 3422 or email  
[info@diabeteshelp.org.nz](mailto:info@diabeteshelp.org.nz)

\*Conditions: Diabetes Help takes no responsibility for illness or injury that arises as a result of using the Libre. Data collected should be discussed with a HCP. This product is currently only licenced for use in those over 4 years old in New Zealand.

**Make sure you don't miss out on free or subsidized events.  
Join Diabetes Help Tauranga Youth now for only \$30 per year  
[www.diabeteshelp.org.nz/index.php?page=join-us-now](http://www.diabeteshelp.org.nz/index.php?page=join-us-now)**

## OTHER USEFUL INFORMATION:

**Healthline** 0800 611 116

**Emergency/out of hours GP Surgeries:**

**Second Ave, Tauranga** - (07) 577 0010

**Bayfair Doctors** 42 Girven Rd Mount Maunganui – (07) 572 6800

**Ambulance** 111

**Tauranga Hospital** (07) 579 8000

**Diabetes Help Tauranga** (07) 571 3422

**CareSens:** 0800458267 (blood glucose/ketone meters)

**Medi'Ray:** 0800 106 100 (Freestyle Libre)

**Dentist:**

**School:**

**Diabetes Nurse Specialist:**

## DISCLAIMERS

*We consider it a privilege to journey alongside you and your family. As such, we work hard to ensure our policies and practice meet New Zealand standards and guidelines for Charitable Organisations and Health and Disability Service Providers. Volunteers & staff working with families are subject to police clearance, interviews and referees and receive training around engaging with minors.*

*Diabetes Help Tauranga and Diabetes Help Tauranga Youth keep your information private, and as per the Privacy Act 1993, the Health Information Privacy Code 1994, the Health and Disability Services Code of Consumers Rights 1996 and the Health Care Practitioners Act 2003. Any legal disclosures required will be done with your knowledge.*

*Diabetes Help Tauranga and Diabetes Youth Tauranga do not take responsibility for goods and services advertised in this leaflet.*