

# Your type 1 diabetes care plan

There are many things that you can do to keep your type 1 diabetes care on track and reduce the risks of developing problems. Here are some suggestions to help you identify what is going well and what you may need some help with.

## Where are you with your self care?

Use the checklist below to check where you are in terms of your diabetes management and understanding. If you answer 'NO' to any of the questions, you may like to talk to your doctor or a credentialed diabetes educator, dietitian, psychologist or podiatrist.

| How is my lifestyle tracking?                                                                                           |     |    |
|-------------------------------------------------------------------------------------------------------------------------|-----|----|
| Eating: I can identify carbohydrate foods and calculate the correct dose of rapid acting insulin or insulin pump bolus? | YES | NO |
| Physical activity: I am active 30 minutes a day on most days of the week?                                               | YES | NO |
| Weight: I am at my most healthy weight?                                                                                 | YES | NO |
| Alcohol: I limit drinking to no more than 2 standard drinks (less than 20g) a day?                                      | YES | NO |
| Smoking: I am a non-smoker?                                                                                             | YES | NO |
| Regarding diabetes, I understand?                                                                                       |     |    |
| My type of diabetes?                                                                                                    | YES | NO |
| My insulin doses and how to adjust safely for meals, physical activity and illness (e.g. Sick days)?                    | YES | NO |
| If using an insulin pump, my back up plan?                                                                              | YES | NO |
| My target blood glucose and/or sensor glucose level/s?                                                                  | YES | NO |
| What to do if lower than target? (Hypo action plan)                                                                     | YES | NO |
| What to do if higher than target and/or unwell? (Ketone testing, correctional insulin and sick day action plan)         | YES | NO |
| My foot risk and how often to have them checked?                                                                        | YES | NO |
| Have information about?                                                                                                 |     |    |
| Medical alerting identification and GlucaGen <sup>®</sup> hypo kit                                                      | YES | NO |
| National Diabetes Services Scheme (NDSS)                                                                                | YES | NO |
| Diabetes Australia                                                                                                      | YES | NO |
| Driving and Insurance                                                                                                   | YES | NO |
| My immunisations up to date?                                                                                            |     |    |
| Influenza, pneumococcal and tetanus                                                                                     | YES | NO |

| I understand my targets for?                                           |     |    |
|------------------------------------------------------------------------|-----|----|
| HbA1c (mmol/L or %)                                                    | YES | NO |
| Blood Pressure (including lying and standing)                          | YES | NO |
| Cholesterol (including total cholesterol , HDL, LDL and triglycerides) | YES | NO |
| My reviews are on schedule?                                            |     |    |
| Eyes (1-2 yearly)                                                      | YES | NO |
| Kidney (microalbuminuria yearly test)                                  | YES | NO |
| Feet (circulation & sensation at least yearly)                         | YES | NO |
| Medications (Home Medicine Review if needed)                           | YES | NO |
| Teeth (yearly)                                                         | YES | NO |

### My diabetes self care

Understanding your diabetes and working in partnership with your health professionals will assist you to tackle the things that are not going so well. Make a list of the things you want to talk about below and take this plan with you to your next appointment.

| Area of Concern | Health Professionals - Who to talk to? |
|-----------------|----------------------------------------|
|                 |                                        |
|                 |                                        |
|                 |                                        |
|                 |                                        |
|                 |                                        |
|                 |                                        |

### Key points to remember

Your health care team is here to help. You may like to take this information to remember what you want to focus on at your next diabetes appointment. You and your doctor can use this information to update your 'education and treatment plan'.

### Where can I go for more information?

|                                           |                                                                                |
|-------------------------------------------|--------------------------------------------------------------------------------|
| Diabetes Australia                        | <a href="http://www.diabetesaustralia.com.au">www.diabetesaustralia.com.au</a> |
| National Diabetes Services Scheme (NDSS)  | <a href="http://www.ndss.com.au">www.ndss.com.au</a>                           |
| Dietitians Association of Australia       | <a href="http://www.daa.asn.au">www.daa.asn.au</a>                             |
| Australasian Podiatry Council             | <a href="http://www.apodc.com.au">www.apodc.com.au</a>                         |
| Australian Diabetes Educators Association | <a href="http://www.adea.com.au">www.adea.com.au</a>                           |
| Department of Health                      | <a href="http://www.health.gov.au">www.health.gov.au</a>                       |

### For more information

**Diabetes Service  
Rural Support Service**  
PO Box 287, Rundle Mall  
ADELAIDE SA 5000  
Telephone: (08) 8226 7168  
[www.chsa-diabetes.org.au](http://www.chsa-diabetes.org.au)  
[www.sahealth.sa.gov.au/regionalhealth](http://www.sahealth.sa.gov.au/regionalhealth)

