

12

The teenage years are full of new experiences for both parents and children living with diabetes.

Now that your child has turned 12, you might like to start thinking about what the coming years will mean in terms of their diabetes management and care.

Over the next few years, we are here to provide you with **support** and **advice** to help make this time easier.

Each year, we will write to you around your child's birthday with information about **key issues** you might like to consider and discuss with your child or raise with your child's diabetes team.

We wish you and your child a safe and healthy journey through the approaching teenage years.

Things to think about

Here are some things you might consider now that your child has turned 12:

- » Can your child **manage their own diabetes care** as they move into secondary school?
- » Have you or your child considered continuous glucose monitoring (CGM) or flash glucose monitoring (Flash GM)?
- » Talk to your child's diabetes team if CGM and Flash GM may help them with their own diabetes management. Find out more here ndss.com.au/devices-and-technology.
- » Are you able to speak to your child's diabetes team about helping you spot the **signs of diabetes burnout** or the possibility of it as they go through puberty?
- » Are you and your child able to **discuss the effects puberty may have** on their diabetes management?

It is important to talk to your diabetes team about questions like this and any other queries you may have.

Help is available

Go to ndss.com.au or call the NDSS Helpline on **1800 637 700** and ask to speak to a diabetes health professional for information and support. We can provide you with:

- » information about diabetes management, NDSS subsidised products, and services available in your local area
- » programs and activities for young people with diabetes
- » group support programs, such as peer support for young people with diabetes and their families
- » fact sheets, brochures and other resources about living with diabetes
- » access to a variety of diabetes health professionals
- » details of how to contact your state and territory diabetes organisation.



Feedback and information

If you have any comments on the information you have received, please email us at: ndss@diabetesaustralia.com.au

If you do not wish to receive further correspondence from us, please go to ndss.com.au and update your personal details.

Finding your way through the diabetes care maze can be confusing.

This is often the case for parents who **need to consider** when their child might move from **paediatric to adult** diabetes services.

To support you through this journey, we will write to you each year around your child's birthday with information you might find helpful for the coming year.