

# 13

## A teenager at last!

**Over the last 12 months, your teenager may have experienced many changes, including settling into high school, making new friends, and becoming more independent.**

There may have been many changes for you too, as you watch your child grow up and begin to take charge of their own health and wellbeing. At times it can be difficult to stand back and let them make their own decisions.

Many children dream of becoming a teenager and of the increased freedom that comes with it. Some parents find it difficult to 'let go' and to allow their teenager to start taking more control of their own life. On the other hand, some parents start to expect more from their child, including their ability to take more responsibility for their own diabetes care.

## Your role is still very important

Now that your child has turned 13, there are many things you can do to help prepare your teenager for **taking on more responsibility for their diabetes.**

### What does your teenager still need to know?

- » Find out how much your teenager knows about their diabetes management. It may be that the education received to date has been tailored to you, as the carer, rather than to them. Encourage them to speak up and ask questions of their diabetes team.
- » Talk with your teenager about how, over the next few years, they will start to see the paediatric diabetes team by themselves for part of their clinic visits.

- » If your teenager is not currently using continuous glucose monitoring (CGM) or flash glucose monitoring (Flash GM) now might be a good time to consider whether this is something they would like to try, particularly as they become more independent and are learning more about how different factors affect their glucose levels. Talk to their diabetes team about how to access subsidised CGM and Flash GM products through the NDSS. Find out more here: [ndss.com.au/devices-and-technology](https://ndss.com.au/devices-and-technology).
- » Encourage your teenager to have high expectations for their future. What do they want to do when they leave school? Make sure they are supported to believe that **diabetes should not stop them** achieving important life goals.

### Taking care of you

Carers and families of people with a chronic condition are also at risk of burn-out and feeling overwhelmed. The best way to care for someone else is to put your own health and wellbeing at the top of your agenda.

### Where to find support

Carers Australia provides information and resources for people who are in a caring role. For more information, call **1800 242 636** or visit [carersaustralia.com.au](https://carersaustralia.com.au).

Call the NDSS Helpline on **1800 637 700** and ask about peer support groups for young people or their parents. Establishing contact with people going through the same issues as you may provide an outlet for your concerns.

Some state and territory diabetes organisations offer diabetes camps for young people with diabetes. To find the diabetes organisation in your area and how to access the programs and services they offer go to [ndss.com.au](https://ndss.com.au).

If you have any questions about your teenager's transition to adult services, please talk to your diabetes team or call the NDSS Helpline on **1800 637 700**.

More information is also available at [ndss.com.au/living-with-diabetes/about-you/young-people](https://ndss.com.au/living-with-diabetes/about-you/young-people).



### Feedback and information

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

If you do not wish to receive further correspondence from us, please go to [ndss.com.au](https://ndss.com.au) and update your personal details.

## Now may be a good time to discuss how much help your teenager wants or needs with their diabetes decision-making.

More information is also available at [ndss.com.au/living-with-diabetes/about-you/young-people](https://ndss.com.au/living-with-diabetes/about-you/young-people).