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**Being a teenager can be a tricky time – this is especially the case for teenagers living with type 1 diabetes.**

**Most teenagers are exploring their independence**, whilst many parents are trying to ensure the safety and wellbeing of their teenager.

**During this time**, many families living with diabetes may find it challenging to navigate their way through the diabetes care maze. To assist you through this, this letter offers some information which may be useful for the coming year.

## Risky business

A number of topics, such as mental health, sexual health and substance use can be difficult to discuss with teenagers. Try to encourage your teenager to discuss these issues with you. It is also very important for young people to talk to their diabetes team about the effect of alcohol and drugs on diabetes, and about the importance of **safe sex and avoiding unwanted pregnancy**.

Resources about **diabetes and risk-taking behaviour** are available online at [ndss.com.au](https://ndss.com.au) or call the NDSS Helpline on **1800 637 700** and ask to speak to a diabetes health professional.

Young people may become frustrated with the demands of diabetes and the ongoing self-management. If you **detect signs of 'diabetes burn-out'** (you may notice your teenager has become overwhelmed by the constant demands of managing their condition and has begun to ignore their diabetes), encourage them to talk with their diabetes team.

The team will be able to give you and your teenager advice on how to navigate these challenging times.

Some clinics will have a psychologist who your teenager can discuss these issues with; if not, you can ask your doctor for a referral to one.

Check with your state or territory diabetes organisation to find out whether they offer peer support groups or events to help your teenager meet other young people with diabetes.

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 blood glucose levels. Talk to your teenager's 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/ndss](https://ndss.com.au/devices-and-technology/ndss).

## Life-long support for you and your child

We will continue to offer our support to you and your teenager as they move towards adult diabetes management. We offer a wide range of information, resources, support and education services that may be useful throughout their life. Please remember that information and support is only a phone call away. Call the NDSS Helpline on **1800 637 700** and ask to speak to a diabetes health professional. Additional information that we have provided to you in previous years is available at [ndss.com.au/living-with-diabetes/about-you/young-people](https://ndss.com.au/living-with-diabetes/about-you/young-people).

Our resources are not just for people with diabetes, but also for friends and families of those living with diabetes. The carers and families of those with a chronic condition are also at risk of burn-out and feeling overwhelmed, so please visit our website at [diabetesaustralia.com.au](https://diabetesaustralia.com.au) and search "how can diabetes affect my feelings".



## 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.

## Support is close at hand

Remember there is a lot of great advice for young people at [ndss.com.au/living-with-diabetes/about-you/young-people](https://ndss.com.au/living-with-diabetes/about-you/young-people).