Living with Diabetes
Family Education Handbook
Table of Contents

Cover sleeve
Release of Information (ROI) for School form
Going Home Blood Glucose Food and Insulin Log
Juvenile Diabetes Research Foundation (JDRF) Bag of Hope form

Part 1
Living with Diabetes Family Education Part 1 class slides
  Carbohydrate counting, blood glucose monitoring, insulin, injections, hypoglycemia, supplies checklist

Part 1 Handouts
Disposal of Sharps
Insulin Injection Sites
How Do I Inject with an Insulin Syringe?
Hyperglycemia – illustrated symptoms of high blood glucose
Hypoglycemia – illustrated symptoms of low blood glucose
Medical Alert ID

Part 2
Living with Diabetes Part 2 class slides
  Advanced carbohydrate counting skills, insulin dose calculations and 3-hour “rule,” sick days/ketone management, physical activity guidelines

Part 2 Handouts
Insulin Dose Calculating Worksheet
Basal-Bolus Insulin: Long-Acting and Rapid-Acting Insulin Therapy
Sick Days/Ketone Management
Exercise Checklist
Diabetes Care Quick Guide
Blood Glucose Log
Why the Diabetes Team Visit?
About A1c
Continuous Glucose Monitoring (CGM)
**Nutrition Handouts**
15 Gram Carbohydrate Food List
Reading Food Labels
Going Home Blood Glucose Food Insulin Log
Going Home Food Plan
Snack Ideas for Kids with Diabetes

**Social Work**
Living with Diabetes – social work slides

**Research**
Diabetes Research slides
Recruitment flyer – Join a Study

**Back cover sleeve**
When to Call Your Diabetes Team