

Hi, I'm _____ your housemate and I have Type 1 diabetes.

Although I am perfectly capable of managing my diabetes on a daily basis by myself, which includes regular blood testing and taking of insulin, there are some rare occasions where I might need your support.

This sheet will give you all the information you will need in such an instance.

What is Type 1 diabetes?

Type 1 diabetes occurs when the body's immune system attacks insulin producing cells. Insulin is a hormone that helps to regulate blood sugar levels by turning food into energy. It generally occurs in people under the age of 40 and there is no known cause.

If you have any further questions then please ask me or find out more information on the science behind all this at www.diabetes.org.uk.

How is Type 1 Treated?

To survive, people with Type 1 diabetes need to take daily insulin injections or use an insulin pump to attempt to keep their blood sugar levels within the healthy range of 4-7mmol/l.

Sugar levels can also be affected by exercise, stress, climate, time of day and many other factors, making it difficult to judge the amount of insulin needed, which can sometimes lead to blood sugar levels rising too high (going hyper) or dropping too low (going hypo).

If I have a high sugar level for a sustained period of time then I may start to vomit and have a pear drop smell on the breath.

If this happens then please call an ambulance and the contacts in the Emergency box.

IN AN EMERGENCY

Sometimes I may also have had a hypo or had a sustained high blood sugar level, in the middle of the night. If you can't get hold of me or you are worried for any reason please do call/text me. If I don't respond, then notify my emergency contacts listed.

If in doubt or if I become unconscious, please don't try and give me anything by mouth as I may choke. Put me in the recovery position and call 999. Please call:

Family/Friend Contact name and contact number:

Diabetes Specialist nurse name and contact number:

How can you tell if I am hypo?

Going hypo (or low) might happen because I've taken too much insulin, not had enough to eat, taken part in unplanned exercise or drunk alcohol. However, sometimes there is no apparent cause.

Some example signs of a hypo include an (abnormally) pale face, confusion, glazed eyes, lack of concentration, slurring of words, unusual behaviour e.g. anger, sweating, becoming quiet or withdrawn. My personal signs are listed below, although please note that these can change.

I can usually self treat a hypo, but if it comes on quickly I may require help to treat myself. This is where you come in.

What to do if I need your help

If I am showing any of the signs above what I need is sugar, which usually I'll realise myself. If I don't please follow the steps below:

1 Ask me if I am ok and whether I can test my blood sugar level. If I can test my blood sugar level and it is less than 4.0 mmol/l or if I am unable to do this and am acting strange then move straight to step 2.

2 Please help me find my personal hypo treatment, this is _____
located _____

If this is unavailable then please find me something sugary e.g. Fruit juice, non diet drink or Jelly Babies. Don't force me to eat solids or foods containing:

(e.g. gluten) if I can't.

3 Recheck my blood sugar level 15 minutes after treatment. If still below 4.0 mmol/l then repeat step 2

Please note once my blood sugars are back to a healthy range after having a hypo I may need a short amount of time to recuperate before I feel back to normal.