

Your 24-Hour Schedule With Type 1 Diabetes (T1D)

This is a great piece to include with your fundraising letters. Customize it to reflect the schedule of the person with type 1 diabetes (T1D) in your family. Many people are unaware of what it's like to live with the daily demands of T1D-this can help them understand!

HOW IT WORKS:

For the next 24 hours, you have type 1 diabetes (T1D). Find and wear an ordinary rubber band on your wrist.

Follow the schedule below and make sure that every time it indicates "blood-glucose check" or "insulin administered," you give yourself a good snap with the rubber band! You will learn a lot about what it is like to have T1D, but there is one important difference: At the end of the 24 hours, you can take off the bracelet and go on with your life.

TIME	ACTION
7:00 AM	Blood-glucose check (reading: 269) / Eat breakfast (calculate carbohydrate grams) / Insulin administered (amount determined by number of carbs and anticipated activity)
9:30 AM	Blood-glucose check (reading: 60) Have juice to bring blood glucose up
11:51 AM	Blood-glucose check (reading: 106) / Eat lunch (calculate carbohydrates) / Insulin administered (amount determined by number of carbs and anticipated activity)
3:05 PM	Blood-glucose check (reading: 167)
6:10 PM	Blood-glucose check (reading: 167)
6:45 PM	Insulin administered (amount determined by number of carbs consumed) Eat dinner (calculate carbohydrates)
7:45 PM	Blood-glucose check Insulin administered (amount determined by number of carbs consumed) Eat dinner (calculate carbohydrates)
9:00 PM	Blood-glucose check (reading: 56) Have juice to bring blood glucose up. Have snack whether hungry or not. Check blood glucose again in 15 minutes
9:15 PM	Blood-glucose check (reading: 70) Coming up, but not high enough yet. Check again in 15 minutes
9:30 PM	Blood-glucose check (reading: 85)
12:03 PM	Blood-glucose check (reading: 306) Insulin administered to reduce high blood glucose
3:00 AM	Blood-glucose check (reading: 260) Insulin administered to reduce high blood glucose