

Social Factors

You should know how to access your doctor and be informed about prescription rules with respect to diabetes care.

You also need to be involved with ordering insulin and equipment from your doctors and know how to order insulin pump and sensor supplies if not from the GP.

You should now be ordering and collecting your own prescriptions. If you are eighteen and over, you will need a prescription exemption certificate from your GP.



I need to discuss strategies for the management of diabetes during exams.

There are very few jobs you can't do because of diabetes, but some jobs will have restrictions and you need to be aware of those. It's a good idea to tell an employer that you have type 1 diabetes so they can make adjustments for your needs.



You need to know that it may be harder for a person with diabetes to get certain types of insurance.

You can get tattoos or piercings, but it's a good idea to consult with your diabetes team for advice so then they can help you prepare for when you have it done. Everything that you discuss with your diabetes team is confidential and you can contact them for support when you need to.



If you're going to uni there are some things you need to consider when preparing:

- **Make sure your UCAS application shows that you have a medical condition.**
- **You can apply for disabled students allowance.**
- **Remember, you might need to change your GP to a local doctor's.**
- **Contact the disability services team at your uni to find out what you need to do.**