

Eating & Sleeping Away From Home

I'm confident in managing my diabetes away from home, but if my parents are unsure how I will manage on a residential or sports trip, then they will get in touch with a member of my diabetes team for advice.



Teachers, sports coaches, and any other adults that are looking after me should be trained in diabetes management. If another adult is supervising, then my parent or carer needs to let them know that I've got type one diabetes and how they can support me.



I carry identification with me that lets people know I've got type one diabetes and that I need insulin. For carb counting, when I'm eating away from home, there are apps, websites and food labels that are really helpful.