

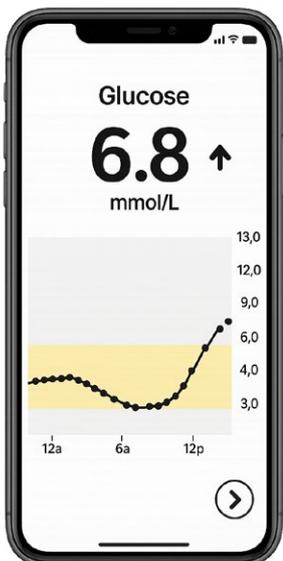
## Eating & Sleeping Away From Home

I am able to inject insulin by myself, but always when I'm being supervised.



When I'm away from home, the adults who have been trained need to be there to supervise at all times.

Parents need to guide these adults on suitable food and drinks.



My mum and dad can monitor my levels remotely through their phones.

Because I'm going out more, I need to have some ID that states that I have type one diabetes.

