



# Speaking from Experience

## Young People & Type 1 Diabetes

### Transcript for chapter 8 of 8: Words of wisdom

**Michael 18, diagnosed 16:** I know that when I got it, it was really daunting and shocking. I guess you'd expect the same reaction from someone else who was getting it. So, just reinforcing the fact that it's not the end of the world.

**Tori 19, diagnosed 6:** It's a pretty scary thing, you realise you have to give yourself these needles everyday and all of a sudden everything changes. You have to monitor what you eat more. But they should know that they're not alone. Really, there is so much help out there for them.

**Kayla 15, diagnosed 11:** It takes time, but it will get better.

**Marlon 10, diagnosed 6:** As long as you eat and do your needles, you can do everything.

**Rachel 19, diagnosed 7:** You just have to learn to look after yourself and it's not going to stop you from doing anything that you want to do.

**Scott 19, diagnosed 4:** At the start it's so hard, you really have to be on top of things.

**Michael:** The best advice, I guess, I've had would be to make it vocal and tell people that you've got it.

**Tori:** Some people are a bit tentative about telling their friends, but I think it's a major benefit if you do, because if anything happens, they can help you.

**Scott:** I've learnt so much from my educator. I've learnt how to inject, which is pretty cool, how they show you what to do and how to do your finger test properly.

**Andrea 19, diagnosed 12:** Something that is really good advice that I found out was that if you have a high or a low, it's not the end of the world. I remember, I used to think that if I was running high I was going to get complications straight away. My diabetes educator always said that those levels, when you're high, just tell you that you need insulin. They help you regulate your blood glucose levels, your insulin levels and everything, as long as you take care of yourself overall, you shouldn't have any complications. I used to think that if I ran high just once I was going to end up being blind or something, but she said that it's not the end of the world if you run high every now and then, as long as you control it and bring it back down.

**Tori:** Diabetes has never really restricted me in anything that I've wanted to do. I mean, you just have to make sure that you're precautious about things and prepare yourself, basically, it's about preparation. You eat before you go, you take sugar, and you let people know. My dad likes to know where I am, in case something happens [laughs]. There's nothing that I haven't been able to do.



**Michael:** If you stick on top of it, it will be fine. There are people here that are willing to support and are always available. So, if there are ever any troubles, there is always someone to ask.

**Scott:** Don't be afraid of what's going to happen. You're no different to anyone else. Live your life how you would normally live it, don't let anything stop you.

**Andrea:** It's not the end of the world, it's just something that you have to deal with and it won't hold you back from anything that you want to do.