

We're here to support you

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

Type 1 diabetes has a huge impact on the physical and mental health of over 120,000 Australians. It's like a 'job' and the day-to-day effort to manage can become hard and frustrating, especially when the results are not what you hoped for. Studies have shown that many people living with diabetes experience worries, fears and other negative feelings at some stage – including diabetes distress and burnout.

That's why it's important for people living with T1D to have access to a robust support system.

We're here to support you. Our community programs cater to a range of people in the T1D community, no matter your age or connection to diabetes, and connect you with others who understand.

Check out our initiatives below.

Peer Support Program



We all know it takes a village to support someone living with T1D, and often we hear the phrase "until you get it, you don't get it". JDRF's Peer Support Program is a volunteer network that connects people who have been affected by T1D to give them a helping hand from someone who understands – because we know that even as time goes on, T1D is a constant learning curve.

The program is available to adults or parents in the T1D community to find support from others in a similar situation.

Community member Sally Wooden and her daughter Riley have mentored more than 15 families. Some families Sally supports get in contact often, and some only at the beginning but she believes all receive the following benefits from her support:

- They can speak to someone who cares, who has been in their shoes, speaks their language and knows how they feel. They are not alone in their journey.

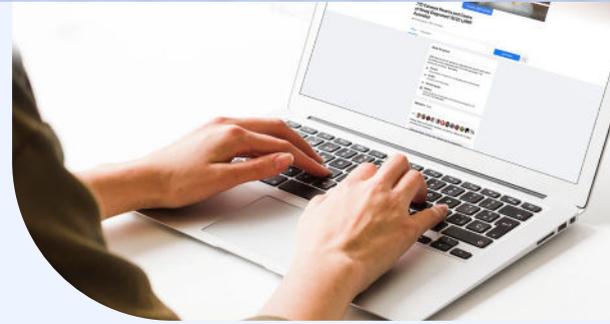
- They can see a family that lives with T1D and they can see how well they manage their new normal. They are reassured that T1D will not always be at the forefront of their life. This gives them hope for their future.

- She shares 'tricks of the trade' with them, for example games they play when blood glucose is high, food ideas, T1D industry information, products they use and what they did in unfamiliar situations like school camp, sleepovers and birthday parties.

Additionally, we're always on the lookout for more extraordinary people to take on the rewarding opportunity of becoming a mentor.

To find out more about our Peer Support Program, you can visit our website here or email us at peersupport@jdrf.org.au.

Private Facebook Groups



We've created safe spaces on Facebook to connect people in the T1D community with others who are in a similar position. These private groups are moderated by JDRF staff and other committed volunteers to ensure relevant, respectful interactions between members. Four Private Facebook Groups are available:

[T1D Connect Parents and Carers of Newly Diagnosed 21/22 \(JDRF Australia\)](#)

- This group is open to those families whose children have been diagnosed since July 2021 up until December 2022. After your first year, you will then be invited to join a wider parent and carer group. Each year JDRF will open a new group to tailor specifically for newly diagnosed in that year so that they can network, share their experiences and learn together.

[T1D Connect Parents and Carers \(JDRF Australia\)](#)

- For parents and carers of children living with T1D

[T1D Connect 14-24 \(JDRF Australia\)](#)

- For teens and young adults 14-24 living with T1D.

[T1D Connect 25+ \(JDRF Australia\)](#)

- For adults 25+ living with T1D.

If you would like to join, click the relevant link above. You can then request membership, answering our three vetting questions.

Once you're accepted into the group, you can use this platform to ask questions, share your experience and build relationships with others.

Guides and resources



JDRF Australia has developed several helpful resources for people living with T1D, regardless of what life stage you're experiencing.

You can access these resources via the JDRF website, or by getting in touch with our team to request a hard copy.

Here's what's on offer:

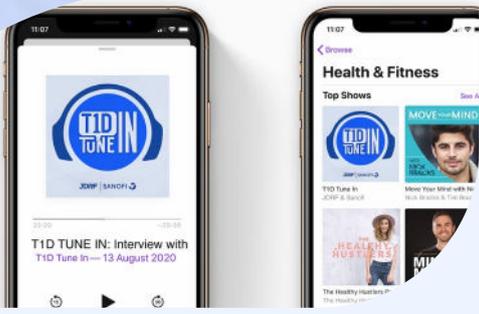
[Straight to the Point: A Guide for Adults Living with Type 1 Diabetes](#)

- Written by adults with type 1 diabetes and health care professionals, this resource is full of tips and resources to help you live a safer, easier and happier life until we cure T1D.

[Teen Toolkit](#)

- Navigating the teenage years with T1D can be difficult. This guide is specifically for parents to help them with strategies to make their teenager's journey a much more manageable experience.

[Our blog](#) is also regularly updated with new resources, including on [how to access mental health services with T1D](#) and [Snacking 101: an explainer for people living with T1D](#).



T1D Tune In

The T1D Tune In, our first ever podcast, was launched in November 2020. Created in partnership with Sanofi, the T1D Tune In highlights the triumphs of inspirational adults living with type 1 diabetes (T1D) and the researchers striving for a cure.

Hosted by Andrew Geoghegan, the 8-episode series features an exciting line up of guests who live interesting and fulfilling lives with T1D or are in pursuit of a better life for those living with diabetes.

These uplifting, thought-provoking conversations explore the highs and lows of living with T1D, from undertaking extraordinary physical feats, to building thriving businesses, to achieving phenomenal progress for the T1D community.

You can listen [here](#), or wherever you get your podcasts.

Gamechangers



Clinical trials are the final step before new products and therapies are made available to those who need them. One of the biggest barriers to running successful clinical trials is having the right participants. Recognising this gap, JDRF created the T1D Gamechanger program.

As a Gamechanger, you will:

- Be the first to find out about upcoming trials in Australia
- Be the first to find out about trials that are currently recruiting and how to get involved

- Receive information about exciting developments in T1D research
- Hear from other Australians who have participated in clinical trials

People with and without T1D are needed to join. There is no cost involved to sign up and once you have signed up, there is no obligation to participate in trials if you don't want to. All ages and backgrounds are welcome.

You can become a Gamechanger by visiting our [website here](#).



Mental health programs

JDRF Australia has many free mental health programs planned in 2022, suitable for a wide range of people in the type 1 diabetes community. Each program is designed and facilitated by a mental health expert to maximise its relevance and value for every attendee and support their well-being in the most effective way possible.

Breathe: A mental health masterclass for families living with type 1 diabetes – various intakes available for parents of children aged 0-12 and parents of teenagers aged 13+

Keep it Calm: Mental health support for adults with type 1 diabetes – various intakes available for young adults aged 18-24 and adults aged 25+

Rufus the Bear's app



Rufus, the Bear with Diabetes has provided comfort and companionship to newly diagnosed children with type 1 diabetes (T1D) for 18 years.

The new, free mobile companion app opens up a new world of learning and playing for you and your child with T1D! By helping Rufus manage his diabetes, children gain hands-on practice with counting carbs, monitoring BGLs, and dosing with insulin using virtual diabetes care tools.

Our curriculum is co-designed with doctors, educators, and families to create educational content that kids love.

Download it [here](#).