

JDRF is here to support you

Type 1 diabetes has a huge impact on the physical and mental health of the more than 130,000 Australians who live with the condition. That's why it's so important for people living with type 1 diabetes (T1D) to have access to a robust support system.

JDRF is 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 help put you in touch with others who understand.



Our peer support program

JDRF's peer support program is a volunteer network that connects people who have been affected by T1D, giving them a helping hand from someone who understands. We know that T1D is a constant learning curve, and your peer support mentor can help guide and support you when you need it most.

The program is available to adults or parents in the T1D community. As a member of the program, you can:

- connect with someone who has been in your shoes, who speaks the T1D language and knows how you feel
- see a family or individual who lives with T1D, and can see how well they manage their life, giving you hope for the future.

Sally Wooden and her daughter Riley



Sally Wooden and her daughter Riley have mentored more than 15 families. Sally shares 'tricks of the trade' with the families she speaks with – for example, giving details of the games they play when blood glucose is high, food ideas, T1D industry information, and how her family dealt with situations like school camps, sleepovers and birthday parties.

[Learn more at \[jdrf.org.au/peersupport\]\(https://jdrf.org.au/peersupport\)](https://jdrf.org.au/peersupport)

We're always on the lookout for more extraordinary people to take on the rewarding opportunity of becoming a peer support mentor. If you're interested, please send an email to peersupport@jdrf.org.au.

Join a private online group

We've created safe spaces on Facebook to connect people in the T1D community. We have four private Facebook groups:

- **Type 1 diabetes parents & carers support (JDRF Australia):** For all parents and carers of children, teens and young adults living with T1D.
- **T1D Connect 14-24 (JDRF Australia):** For teens and young adults aged 14 to 24 who are living with T1D.

- **T1D Connect 25+ (JDRF Australia):** For adults 25 and over who are living with T1D.
- **Family & friends of people living with type 1 diabetes (JDRF Australia):** For extended family and friends who would like to learn more about T1D and how they can support people living with it.

[Find links at **jdrf.news/FB**](#)

Free guides and resources

JDRF offers a wide range of free resources for people living with T1D and the people who love them:

- **Straight to the Point:** Written by healthcare professionals and adults with type 1 diabetes, this guide covers all aspects of life with T1D and is full of tips to help you be happier and healthier.
- **Teen Toolkit (for parents):** This guide helps parents navigate the teen years, giving you strategies to make your teenager's journey into adulthood easier and more enjoyable for all.
- **Testing Times (a teen wellbeing guide):** This book gives teenagers and young adults handy information and advice on living with T1D, including tips for managing mental health, relationships, school, studying, and more.

[Free downloads at **jdrf.org.au/resources**](#)

Our website is home to a wealth of information to help all members of the T1D community, no matter your age, stage, or connection to T1D.

- **For parents and carers:** Find articles and videos to help you raise healthy, happy children and teens living with T1D. Our website has advice and tips on communicating with school staff, your child's friendships and social life, managing their T1D treatment, dealing with tough emotions and lots more. **Visit jdrf.org.au/parents**
- **For adults:** Our website is regularly updated with new articles on a huge range of topics, including how to access mental health services, an explainer on snack food choices, and videos and articles on exercising, your social life, travelling, work, and lots more. **Visit jdrf.org.au/adults**

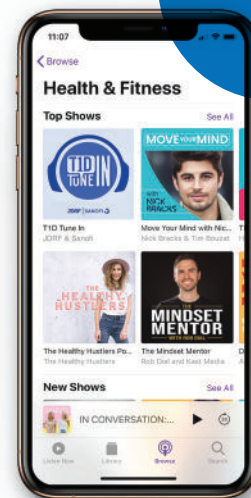
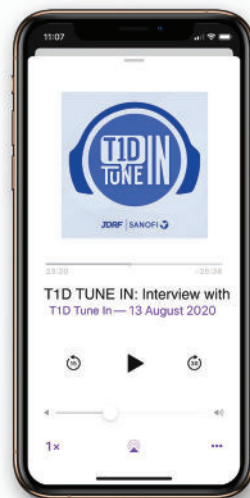


Listen to our podcast

Created in partnership with Sanofi, the T1D Tune In podcast highlights the triumphs of inspirational people living with T1D, as well as the researchers striving for a cure.

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

Visit jdrf.org.au/listen



Become a Game Changer

Clinical trials are the final step before new products and therapies are made available to those who need them most. JDRF's Game Changer program gives community members the chance to participate in trials and shape the future of T1D treatments. All ages and backgrounds are welcome, and people with and without T1D are needed to join.

As a Game Changer, you'll:

- be the first to find out about upcoming research
- learn about trials that are currently recruiting, and how you can get involved
- get information about exciting developments in T1D research.

Learn more at jdrf.org.au/game-changer

Free online programs

JDRF runs free online chats and mental health programs for people in the type 1 diabetes community. Each program is facilitated by experts to support your wellbeing in the most effective way possible.

- **Breathe:** Facilitated by JDRF's mental health lead, this series gives parents and carers the skills and strategies they need to support their children after diagnosis and the following years. The classes are held throughout the year, with intakes for families of children aged 0-12, and 13 years and over.

- **Let's Talk T1D:** Each session of this series looks at a different topic on life with T1D, such as travelling, kids' birthday parties and sleepovers, dealing with school, and informative talks for extended family members, as well as special chats for adults about alcohol, starting a family, and more.

[Learn more at jdrf.org.au/events](https://jdrf.org.au/events)

Just for kids: Rufus the Bear app

Rufus, the Bear with Diabetes, isn't just a cuddly source of comfort for your child – he also has an app that will open up a new world of learning and play for your child with T1D!

Children can learn to count carbs, monitor blood glucose levels, and virtually dose with insulin as they help Rufus manage his diabetes. The app was co-designed with doctors, educators, and families to create educational content kids will love.

[Download the app at jdrf.org.au/rufus](https://jdrf.org.au/rufus)