

My driving checklist

Before getting my licence...

- I pass my Fitness to Drive assessment
- I have my eyes & HbA1c checked
- I tell the state roads authority & insurance company I have T1D

Before I start & when I'm driving...

- I check my levels & never drive under 5
- I make sure I have my hypo kit & T1D supplies
- I check my blood glucose every 2 hours
- If I have hypo signs, I pull over immediately to check my levels and treat it