

A STARTER KIT FOR ADULTS DIAGNOSED WITH TYPE 1 DIABETES

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BACKGROUND: People diagnosed with Type 1 Diabetes as adults (>14 years) account for approximately half of the Type 1 diabetes population and an estimated 1,000 diagnoses per year.¹ Reality Check, an organisation of young adults with diabetes, in recognition of the importance of a specific resource for this group, was successful in attracting funds for a 12-month project to develop a Starter Kit. **METHOD:** 70 people diagnosed with Type 1 Diabetes as adults (PDAs) returned a preliminary email survey. An inventory was undertaken via Diabetes Educators at all National Association of Diabetes Centres (NADC). 33 NADCs returned a survey and 16 partook in telephone interviews. The Starter Kit was reviewed by 23 PDAs, diagnosed less than 3 years prior, and by 29 NADCs. **RESULTS:** 26% of PDAs (mean age 32, range 17-51), 38% male, reported receiving no written resources at diagnosis. 8 (11%) received a childrens book. 4 (6%) received Type 2 Diabetes information only. 7 of 33 NADCs (23%) had no resources to give newly-diagnosed adults. 7 (23%) give PDAs childrens information. NADCs reported 621 adult Type 1 diagnoses in 2003. PDAs reported information required at diagnosis included: dietary advice (26%); interactive young adults website (23%); personal stories (17%); insulin adjustment (13%); sport and exercise (11%). NADCs reported information required to educate PDAs includes: counselling and mental health advice (58%), employment and legal issues (50%), alcohol and drugs (50%), introduction to other PDAs (33%) and pregnancy (33%). 26 additional topics were identified and have been addressed in the Starter Kit. **CONCLUSION:** The Starter Kit will be distributed to newly-diagnosed adults via NADCs and published on the internet from July 2004. The project hopes to have raised awareness of the large numbers and specialised needs of people diagnosed with Type 1 Diabetes as adults.

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(1)Colagiuri, S. et al, National Diabetes Strategy and Implementation Plan, Diabetes Australia, 1998, p. 70.