

Appendix E

Path to Successful Diabetes Self-Management <sup>20,29</sup>

**Knowledge**

- reading and interpreting food labels
- managing portions
- eating out successfully

**Understanding**

- recognizing the impact of activity, illness and rest
- responding to how blood glucose levels feel
- monitoring trends, with successful insulin adjustment
- checking blood glucose, administering insulin

**Numeracy**

- calculating carbohydrates
- dosing insulin correctly
- making corrections as necessary

**Sense of Self**

- navigation of social situations
- risk reduction skills
- ability to ask for help

**Age 3-5**

- Trust in parents/caregivers for care
- Begins to help with supervised tasks
- Help check blood sugar: Clean finger, turns on meter and insert test strip
- Begins to identify high and low readings, and how it feels

**Age 6-12**

- Begins to recognize how it feels when blood glucose level is high, or low
- Can prick finger and test blood glucose levels
- Can begin to read and locate carbohydrate content of food/labels
- Beginning to calculate dose of insulin
- Can begin to help with administering insulin
- learning long and short term benefits of control
- Supervision, and collaboration

**Age 13-14**

- Increased insulin requirements with puberty
- Body change concerns
- Can perform the majority of daily tasks without assistance or supervision
- Collaborates with family/caregivers about management
- Begins to interact with care team with some independence
- Can start managing an insulin pump with supervision
- Parents/caregivers begin to oversee rather than manage routine tasks

**Age 15-18**

- Development of independence
- Diabetes is part of lifestyle
- Integrates physical selfcare with social and emotional care
- Understanding of long-term health outcomes
- Understands importance of communication and collaboration

