

Diabetes Support from the Senior Practitioner Children and Families Social Work Team

How do I access additional support?

The aim is to offer additional support to families if required, in order to promote the health and wellbeing of a young person with a diagnosis of type 1 diabetes.

A referral will be made to the senior practitioner who has an attachment to the diabetes team.

How does this happen?

With the help of child planning meetings we are able to sit down with families and key individuals involved with your child outwith the busy clinic environment. The aim of the meeting is to gather information and to agree upon a care plan which will ensure that your child has access to all of the support they need, when they need it.

Who will be at a child planning meeting?

A child planning meeting will involve:

- the young person if this is appropriate
- family members
- key individuals from the diabetes team
- your family health visitor
- nursery teacher
- guidance teacher
- anyone else who you feel has an important role to play with yourself or your child.

What can I expect from this meeting?

We would aim to agree upon a plan of additional support which could be reviewed to ensure it is meeting your child's needs.

Such a plan may include:

- additional support/supervision of your child's diabetes care in school or nursery
- an increased level of communication with and support from the diabetes nurse specialists
- further social work involvement regarding the emotional and practical impact of parenting a child with type 1 diabetes in a busy home environment
- advocacy regarding financial or housing issues.

We may also consider referral to specialist organisations in your community such as counselling services, parenting support groups, youth groups or befriending organisations.



Support Groups and Useful Websites

Local support group

Lothian Families with Diabetes

Aims:

- To help children to make friends with other local children with diabetes.
- To allow parents and carers to share experience and knowledge.
- To encourage children to get involved in sponsored events and fund-raising to boost their confidence and raise much needed funds for Diabetes UK.

National support groups

Diabetes UK

Website: www.diabetes.org.uk

Juvenile Diabetes Research Foundation (JDRF)

Website: www.jdrf.org.uk

Support lines

Diabetes UK care line (psychology support): 0845 1202960

Parent line (Scotland): 0808 800 222

Young Scot Info Line: 0808 801 0338

Child Line: 0800 1111 **Website:** www.childline.org.uk

Further useful information for teenagers

www.teenagehealthfreak.org

UK Drink Line Youth: 0345 320202

Sexwise: 0800 282 930

Accucheck

www.accu-chek.co.uk

Customer Careline UK: 0800 701000



Recommended Further Reading

Type 1 Diabetes in Children, Adolescents and Young Adults:

Dr Ragnar Hanas, Fourth Edition

Diabetes Through the Looking Glass: Dr Rachel Besser

