Diabetes Management Plan

TEEN

Managing diabetes is hard, and you should probably be rewarded for doing it. What do you think would be a fitting reward for a week of hard work?

Discuss your idea with your Mom or Dad. Once you've agreed upon a fitting reward write it down below:

week one

week two (if different)

week three (if different)

Being a team player is hard, and you should probably be rewarded for that, too. Discuss with your Mom or Dad a fitting reward for a week of teamwork. This reward is shared by you and your Mom or Dad.

Once you've both agreed to one write it down below:

week one

week two (if different)

week three (if different)

STEP 1 PICK SOME THINGS YOU THINK YOU CAN DO. Then proceed to step 2 →→→

A TESTING

PICK TWO

- [ ] Test before every meal (even when away from home!)
- [ ] Test fasting every morning (even when away from home!)
- [ ] Test before bed (even when...you get the point.)
- [ ] Test before/during exercise
- [ ] _____

Got a better one?

B DOSING

PICK TWO

- [ ] Dose before every meal
- [ ] Eat in the AM and dose
- [ ] Dose at bedtime
- [ ] Dose with snacks
- [ ] _____

Got a better one?

C ADJUSTING

PICK TWO

- [ ] Text Mom/Dad when unsure about insulin dose
- [ ] Review blood sugars with Mom/Dad before dosing
- [ ] Don't hide or ignore results that seem abnormal
- [ ] _____

Got a better one?

Got a better one?

STEP 3

Separate the sheets and give this one to your parent(s).

PARENT(S)

STEP 4

Compare the blue sheets. Anything you and your child both checked write in the space on the other paper.

If you checked two items the same, write the top-most one in the space on the other page.

If you didn't agree on either of your two choices, discuss with your child and agree on one, then write it on the other page.

STEP 2 PICK SOME THINGS YOU THINK YOUR PARENT(S) CAN DO:

A TESTING

PICK TWO

- [ ] Don't nag to test before asking about your teen's day
- [ ] Don't bring up diabetes in public
- [ ] Give them a chance to explain results before yelling
- [ ] Make sure diabetes supplies are available
- [ ] _____

Got a better one?

B DOSING

PICK TWO

- [ ] Don't judge your teen's meals when they ask for help dosing
- [ ] Have conversations without bringing up dosing
- [ ] Let your teen be private in public places when dosing
- [ ] Make sure diabetes supplies are available
- [ ] _____

Got a better one?

C ADJUSTING

PICK TWO

- [ ] Help teen plan insulin adjustments
- [ ] Don't exclude your teen from "normal" things
- [ ] Don't assume every issue is diabetes related
- [ ] Don't isolate your teen from friends as punishment
- [ ] _____

Got a better one?

Write agreed upon items here

A _____

B _____

C _____

When something is written in A, B, & C hand both green sheets to your parent(s).

PARENT(S)

If you agree to the items above, turn this page over and follow the directions.

STEP 5

Re-write the statements from A,B, & C below. Write the one that you think will be toughest to do first, and easiest to do last.

toughest = 3pts

somewhere in the middle = 2pts

easiest = 1pt

STEP 6

Decide on a point tracking system.

We recommend:

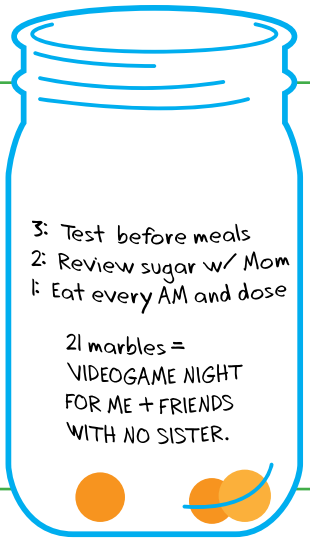
THE MARBLE JAR

Get a jar, (the ones for canning work great) and write the statements from STEP 5 on it (teen on one side, parent on the other) in wet erase marker, these are now THE RULES.

Get a supply of two different colors of marbles. (or beads or whatever). One color for teen, one color for parents.

Decide on a time of day to give points and add marbles to the jar as indicated by THE RULES. The teen gives the parent points and the parent gives the teen points.

At the end of the week, dump out the marbles and start over again.



REWARDS AND REMINDERS

Whatever point tracking system you decide to use, make sure it is in a place you both access on a daily basis.

If possible award points the same time every day and use that time to discuss what went right and what went wrong in following your plan.

If either the parent or teen was awarded NO POINTS for the day, revisit THE RULES and decide together (without yelling!) if you need to make adjustments.

If you make 21 points in a week, you earn the agreed upon reward for that week. This may change every week. **If you both earn 21 points, you earn the team award!**

MAKE IT LEGIT:

I will try to the best of my ability to follow THE RULES. I will try my best to be fair when allotting points for my child. I will honor the agreed upon REWARD if my child earns it.

sign

date