

PREPARING TO MOVE OUT: A TIMELINE

To help you get prepared, packed, and ready to go, we put together a timeline so that you know exactly what to do and when.



3

MONTHS BEFORE MOVE-IN

Create a Plan for Your Supplies

There are many options for getting supplies while at school (*for example, mail-order companies, local pharmacies, or restocking when at home*).

Here are some considerations to help you create a plan well before move-in day.

- ▶ Where will you be getting supplies from?
- ▶ Where will diabetes supplies be sent?
- ▶ Who will be ordering them?
- ▶ Who is responsible for making sure any payments for supplies are made?
- ▶ How long will your supplies last?
- ▶ How will you know when to reorder them?
- ▶ Where will you go to restock your low supplies and how will you get there?
- ▶ When will you need to update their prescriptions?
- ▶ Where will your prescriptions be filled?

Don't Forget About Back-up Supplies

If you don't have one already, be sure to get a backup meter from your endocrinologist or at your local pharmacy before you leave for school—it's a good idea to have another meter in case your first one breaks or gets lost. Also make sure to have syringes (*even if you're on a pump*), long-acting insulin, and anything else that may be helpful if your main method of care fails.

Staying Cool

You'll want to have a plan for refrigerating your insulin. You might want to consider purchasing a mini-fridge for your room instead of using a public fridge. For short trips or travel, the FRIIO® cooling case only requires water to keep your insulin from getting warm.

Think About Sharps

Where will you dispose of sharps? Sometimes your school's Disability Services or Health Center will have a sharps container, or you can order one—ask your endocrinologist. You can also use an empty opaque laundry detergent container. Next, figure out where to keep it. Many students find that under the bed is easiest.

3 MONTHS BEFORE MOVE-IN (Continued)

Schedule Appointments

We know sometimes it's a few months before you can be seen by a provider and once you get to campus it might be hard to find time. Schedule your next few appointments before you leave—you can always reschedule later if you need to.

Make the Space

Storing all those diabetes supplies in a small space takes some planning. If you're going to loft your bed for extra storage, some schools require you to call and pre-order the lofting package ahead of time. Risers can also be bought at stores that sell dorm supplies and can add a few inches off the ground. Many students use plastic storage bins to house supplies while living in the dorms to better use a tight space and keep things organized.

Get a Flashlight

It's a good idea to have a small lamp or flashlight near your bed so you can see what you're doing when you wake up to check or treat a late-night low. That way you don't have to turn on the light and wake up your roommate. Headlamps are a good hands-free option.

Connect with Your Roommate Over the Summer

Send a text, Facebook message, or email to your roommate over the summer and get to know each other a little bit. You can tell them about your diabetes if the time is right, but if not, it will be much easier to talk to them about it at school if you know each other beforehand. If you live close to each other, meet up for coffee or lunch to get to know each other better. When you do tell them about your diabetes, refer to the "Having 'The Talk' with Friends and Roommates" section of this guide.



Create a Communication Plan

When you go off to school, you don't want your parents constantly asking about your diabetes. In order to avoid any conflict between you and them, create a communication plan for all of you so that you get the freedom you want and they get the peace of mind they need.

Refer to CDN's 'Family Communication Agreement' on page 8 as a guide as you and your family create something that works for you. And try to cut your parents some slack— they only have your best interests at heart. Keep in mind that this

agreement is going to change as your needs and their needs change throughout your years in college.

Have an open discussion about what is and isn't working with your diabetes team. College brings about a lot of changes—changes in your lifestyle, blood sugars, and diabetes management. Talk to your diabetes team before you leave and make a communication plan to use while you're at school.

Here are some questions that you and your healthcare team should answer together in order to create a plan:

- ✓ What is the best method of communication for both you and your provider to connect? Email? Phone? There are a lot of free apps that let you easily log and share your blood sugars with your doctor!
- ✓ What will you do if there's an emergency and you need to see an endocrinologist right away?
- ✓ How often will you be scheduling check-up appointments with providers and when?

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MONTHS BEFORE MOVE-IN

Get a Medical Alert ID

We know that sometimes it's hard to find the right medical alert ID, but it's especially important to have one while you're away from your normal support system. Check out page 39 for info on how to become a CDN student member and get discounts!

Get Some Bags

Make sure you go to school with a couple different bags that can hold all of your belongings and your diabetes needs—especially when you're traveling back and forth between home, going on weekend trips, vacations, and just trekking across campus!





1 MONTH BEFORE MOVE-IN

Prepare a Sick Day Kit

It's important to take care of yourself—and your blood sugar fluctuations—when you're sick. Prepare a sick day kit before you leave, as getting sick can come on suddenly. This is a great way for your parents to help you prepare.

Check out page 45 for suggestions on what to include!

Create a List of Contacts

Before you leave, sit down with your parents and create an important contacts list. Make sure you have the phone numbers and contact information for all your diabetes-related needs, as well as important people.

This includes: insurance company, pump company, CGM company, pharmacy, mail-order supplier, endocrinologist, diabetes educator, and any other doctors you see.

Don't forget to put the contacts and numbers into your phone so that you have them when you need them!

PACK!! All the items we've been discussing?

Make sure to take them all with you!





MOVE IN DAY!

Have Some Low Snacks Ready

You might go low carrying boxes up hills and stairs, unpacking all of your things, and constructing shelving units—have some low supplies ready on move-in day.

Check Your Fridge

As silly as it sounds, make sure your fridge is plugged in. And remember to check the temperature settings—some high settings freeze insulin.

Go Food Shopping

Take a trip to the local grocery store with your parents and load up on low supplies and snacks for the room. Try some of these student-approved snacks that are good to keep in your dorm room to treat lows, highs, and general study-induced hunger.

LOWS

- ▶ Glucose tabs
- ▶ Juice boxes
- ▶ Fruit leather
- ▶ Crackers
- ▶ Sports drinks (*also good for the gym and hangovers*)
- ▶ Raisins
- ▶ Candy without fat (*i.e., jellybeans or gumdrops*)

HIGHS

- ▶ Water bottles
- ▶ Powdered drink mix (*try the no-carb individual packets for on the go*)
- ▶ Tea bags
- ▶ Fresh veggies like cucumbers or celery



Make Sure Supplies Are Accessible

That plastic bin is not going to be useful if you can't get to it. Try raising your bed so you can fit your diabetes supplies and food underneath—they should be easy to get should you need them in the middle of the night.

Have a Glucagon Kit Readily Available

It's always helpful to have a Glucagon kit in a visible place in case of emergencies. It doesn't do anyone any good if you're the only person who knows where and what it is and how to use it.

Find the Closest Pharmacy

Look for the closest pharmacy to your school and figure out the easiest way to get there. Put the information into your phone. Even if you use a mail-order pharmacy, there may be times when you need to visit a store in person.

Talk to Your Roommate

Make sure you aren't keeping your roommate in the dark about your diabetes. If you haven't brought it up already, let them know the basics about what to expect in terms of you managing your diabetes. Think back to how you decided to bring it up, and stick to the plan! If you feel comfortable, let them know they can ask questions and make it clear that you are not expecting them to take care of you.

Remember Your Family

While you're excited to move out and get started with college, keep your parents in mind throughout the process. They're probably sad and nervous that you'll be moving out of the house so try to help ease their worries whenever you can.

Send them to the parents' section of the CDN website for more tips and support.

