



PREPARING TO MOVE OUT: A TIMELINE

You've already used the **CDN Looking at Schools Guide**, chosen the place for you, and been accepted—congratulations! We at the College Diabetes Network have some tips from our staff and students to help make your transition to college as smooth as possible.

The College Diabetes Network (CDN) is a national non-profit organization, originally founded by a student in 2009 to make life on campus easier. CDN is the only organization whose sole focus is on YOUR needs as a student. We offer information and resources through our website, chapters on college campuses throughout North America, and support for you and your parents (so that they bug us instead of you!).

To help you get prepared, packed, and ready to go, we have put together a timeline so that you know exactly what you should be doing, and when you should be doing it.



3 MONTHS BEFORE MOVE-IN DAY

Create a plan for your supplies.

There are many options for getting supplies while at school - mail order companies, local pharmacies, restocking at home, etc. Here are the things you should use to help you create a plan well before move-in day.

- Where will you be getting your 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 re-order them?
- Where will you go to restock your low supplies? How will you get there?
- When will you need to update your 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 before you leave for school—it's a good idea to have another meter in case your first one breaks, gets lost, etc. 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 you.

Staying Cool

You'll want to have a plan for refrigerating your insulin. While you may have a public fridge in your dorm hallway, you might want to consider purchasing a mini-fridge for your room.

Bringing a sharps box?

Where will you get it? Sometimes the school will have them in the Health Center for you to pick up, or you can order one – ask your endocrinologist where to get it. You can also use an empty opaque laundry detergent container. Next, figure out where it's going to go. It might be a good idea to keep it under your bed.

Making the Space

If you're going to loft your bed for extra storage, some schools require you to call and preorder the lofting package ahead of time. You can also buy risers from most stores that sell home supplies (Bed, Bath, and Beyond, Walmart, Target, etc.) to get a couple more inches off the ground.

Create a communication agreement

With your family

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 agreement for both of you so you get the freedom you want and they get the peace of mind they need. Refer to *CDN's Family Agreement* document 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 document 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 health care 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 iPhone apps that let you easily log and share your blood sugars with your doctor!
- How often will you check in with your provider?
- 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 your providers now that you're away at school and when?

Reach out to 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, maybe meet up for coffee or a meal to get to know each other better! When you do tell them about your diabetes, refer to *CDN's Talking to your Friends and Roommates* document.

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... and so you don't have to turn on the light and wake up your roommate!

2 MONTHS BEFORE MOVE-IN DAY

GET YOUR DIABETES SWAG ON.

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 do while you're away from your normal support system.

MAKE SURE YOU'VE GOT COLLEGE IN THE BAG(S).

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. Stay organized, and stay chic! (or manly!)

1 MONTH BEFORE MOVE-IN DAY

Prepare a Sick Day Kit

Especially if you have diabetes, it's important to be prepared to take care of yourself – and your blood sugar fluctuations – when they do. Prepare a sick day kit before you leave, as getting sick can come on suddenly. This is a great way for parents to help you prepare! Some suggestions of items to include in your sick day kit include: diet gingerale, regular gingerale, Gatorade, Saltines, documentation of basal rates for sick days, Glucagon kit, ketone strips/meter, insulin (fast-acting, Lantus), syringes, water, thermometer, Ibuprofen, Neosporin, Band-Aids, cough syrup, etc.

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 the diabetes related organizations you use, as well as important people. This includes: Insurance Company, Pump company, CGM company, Pharmacy, Whoever sends you your supplies, Endocrinologist, CDE, and all other doctors you see.

PACK!!

All the items we've been discussing for the last few months? Make sure you take them all with you!

MOVE-IN DAY

Congratulations! You're about to gain a whole new level of independence. Keep these tips in mind to ensure a positive move-in experience, and good luck!

Have some low snacks ready!

You'll probably go low carrying boxes up hills and stairs, unpacking all of your things, and constructing shelving units—have some low supplies at the ready on move-in day!

Check your fridge

As silly as it sounds, make sure it's plugged in! And, be sure to check the temperature settings – some high settings freeze insulin!

Make sure your supplies are accessible

That plastic bin is not going to be useful if you can't get to it. Try lofting your bed so you can fit your diabetes supplies and food under there—that makes them easier to get at should you go low in the middle of the night.

Have a glucagon kit readily available

It's always helpful to have it in case of emergencies (ie. taped to wall or bed.) It doesn't do anyone any good if you're the only person who knows where/what it is.

Scout out the closest pharmacy

Look for the closest pharmacy to your school and figure out the easiest way to get there. Put their information into your phone. Even if you use a mail-order pharmacy, this is a good thing to do in case of emergencies.

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! Take a look at some student-tested snacks that are good to keep in your dorm room to treat lows, highs, and general study-induced hunger.

LOWS

Glucose tabs
Capri Sun Juice Pouches
Fruit Leathers
Protein Bars
Peanut Butter
Crackers
Gatorade (also good for the gym!)
Chocolate Milk
Candy

HIGHS

Diet Coke/Pepsi
Crystal Light (try the individual packets for Crystal Light on the go!)
Water Bottles
Tea
Cucumbers or other fresh veggies

Talk to your roommate

Make sure you aren't keeping your roommate in the dark about your diabetes. If you hadn't brought it up already, let them know the basics about what to expect in terms of your managing your diabetes. Remember, this is their first day of college too, so no need to overwhelm them with extensive details. 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 parents

While you're excited to move out and get started with college, keep your parents in mind throughout the process. They're probably sad that you'll be moving out of the house, so be extra nice and help assuage their worries whenever you can. Send them to the parents' section of the CDN website for more tips and support!