



Living With Type 1 Diabetes: Resources



A guide offering essential tools, tips,
and support for managing T1D,
covering daily care, technology,
nutrition, and community resources.

Introduction

Living with Type 1 Diabetes (T1D) means juggling many moving parts—but you don't have to do it alone. This guide gathers the most helpful tools, technologies, nutrition information, and community connections all in one place. It's here to help you find reliable resources that make managing T1D a little easier, day by day.

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This information should not be considered medical advice, nor is it intended to replace consultation with your healthcare provider. If you have questions about your health, please contact your healthcare provider.



Newly Diagnosed Support

Starting life with Type 1 Diabetes can be overwhelming. These resources offer starter kits, educational materials, and more to help you manage T1D confidently.

Order your free D-box

Free box with helpful diabetes resources.

Web: www.touchedbytype1.org/d-box

Order your Bag of Hope

Free support kit for people with T1D.

Web: www.breakthrought1d.org/support-children/bag-of-hope/

Order your free Sugar Surfing eBook

Learn CGM management techniques.

Web: www.sugarsurfing.com/newly-diagnosed

Screenings for relatives of T1D

Identify early risk for Type 1 Diabetes.

Web: www.screenfortype1.com

Beginners Guide

Resources for those newly diagnosed w/ T1D

Web: www.beyondtype1.org/newly-diagnosed-with-type-1/

Videos to explain T1D to kids:

Web: <https://kylercares.org/educational-resources>

Self Care Manual

Comprehensive guide for managing T1D.

Web: www.diabetes.org/living-with-diabetes/type-1/type-1-self-care-manual

Mental Health Resources for People with Type 1 Diabetes

Support for emotional well-being in diabetes management.

Web: www.beyondtype1.org/diabetes-diagnosed-mental-health/

Vehicle Alert Card

Emergency diabetes alert card to keep in your vehicle.

Web: www.kidswithcourage.org/wp-content/uploads/2014/01/diabetes-alert-card.pdf

Newly Diagnosed Elbowbumpkid Kit

Free support kit for those newly diagnosed with T1D in CT/MA/RI

Web: www.elbowbumpkidinc.org/newly-diagnosed-kit

Clinical Trials for Newly Diagnosed

Clinical trials give newly diagnosed individuals access to emerging treatments and research participation. Explore current studies designed to advance T1D care. Also Screen for Type 1 outlines options to screen family members.

Antidote

Clinical trial connection tool

Web: www.tinyurl.com/antidoteT1D

Screen For Type 1

Screenings for family members

Web: www.screenfortype1.com

Breakthrough T1D

Web: www.breakthroughT1D.org/clinical-trials/

Trialnet for family members

Web: www.trialnet.org



Connection Opportunities

Connecting with others who understand T1D fosters confidence and support. Find peer groups, mentorship programs, and community events here.

Elbowbumpkid Inc

Lower New England area events:

www.elbowbumpkidinc.org/events

Facebook: www.facebook.com/elbowbumpkid

[elbowbumpkid](http://www.facebook.com/elbowbumpkid)

Touched by Type 1 Annual Conference

Web: <https://www.touchedbytype1.org/annual-conference>

Type 1 Events & Connections (age 18+)

Web: www.tcoyd.org

T1D To The Third

Zoom calls for kids aged 4-18 to play games and have fun!

Web: www.facebook.com/t1dtothethird

National List for T1D Social Media

Support [*Check the T1D resources page on Elbowbumpkid website!*](#)

Coachart Virtual Programs for Kids and Teens

Free virtual activities for kids with chronic conditions

Web: www.coachart.org

Connected In Motion Slipstreams

An active, social and educational weekend for T1D adults

Web: www.connectedinmotion.ca/slipstreams/

T1D Camps

Diabetes camps combine education with traditional camp experiences. This section lists safe, accredited programs for children and teens in New England.

ADA (American Diabetes Association) Camp

Web: www.diabetes.org/community/camp

Barton Center Camps (Northeast)

Web: www.bartoncenter.org

Camp Surefire (RI)

Web: www.campsurefire.org

Camp Nejeda (NJ)

Web: www.campnejeda.org

Camp Bru basketball camp (NH):

Web: www.campbru.com/copy-of-our-story

Camp Pathfinder Day Camp (CT)

Web: www.meridenymca.org/programs/camp/camp-offerings/pathfinders-camp/

Diabetes Training Camp (PA)

Teaches both teens and adults strategies to manage T1D while staying active.

Web: www.diabetestrainingcamp.com

Camp Carefree (NH)

One-week camping experience for kids ages 6 to 16 with chronic illnesses and disabilities.

Web: <https://diabetes.org/camp/camp-carefree>

Children with Diabetes Friends for Life Conference (FL)

Web: www.childrenwithdiabetes.com/community-and-conferences

Camp Sunshine (ME)

Web: <https://www.campsunshine.org>



Memories Made Kids

Assistance providing transportation, materials and sponsorship to T1D Camp

Web: www.memoriesmadekids.org/

Not in New England? National Diabetes

Camp search tool:

Web: <https://www.diabetescamps.org/find-a-camp/>

Non-RX Supplies

Managing T1D involves more than prescriptions. These sources provide reliable non-RX items like patches, skin care, and travel accessories.

Bags, Cases, + Belts

Sugar Medical Bags & Cases

Use code Elbowbumpkid for 10% off!

Web: www.sugarmedical.com

Spibelt

Belts to carry insulin pump.

Web: www.spibelt.com

EDC Solutions-Tandem Pump Case

Web: www.edcsolutionstype1.com

Tally Gear

Belts to carry insulin pump.

Web: www.tallygear.com

Pip Diabetes

Affordable meters & more

Web: <https://hellonpip.com>

Sugar Belts

Belts to carry insulin pump.

Web: www.etsy.com/shop/sugarbelts/?etsrc=sd1

Diaessentials

Waterproof case for Tandem pump

Web: <http://diassentials.com>

Aquapac

Waterproof cases and bags

Web: www.aquapac.net

One2One Diabetes

Supply cases/travel bags

Web: www.one2onediabete.com

T1D Supply Organization Tools

Web: www.t1d3dgear.com

Pump + Sensor Patches

Pump Peelz

Patches for sensors/pump sites; Use code ELBOWBUMPKIDINC for 10% off!

Web: www.pumppeelz.com

Skin Grip

Patches for sensors/pump sites

Web: <https://skingrip.com>

Deck My Diabetes

Site selling "Warrior Buddies" with mini pump and CGM. Coupon code "Elbowbumpkid" provides 10% off on Deck My Diabetes for US orders!

Web: www.deckmydiabetes.com

Not Just A Patch

Patches for Dexcom, Libre & more!

Web: <https://notjustapatch.com>

Please feel free to contact us to add to this list, these are not sponsored links



Non-RX Supplies (Pg. 2)

Insulin Protection/Cooling

Vial Safe Insulin Protectors

Use code ELBOWBUMPKID20 for 20% off!

Web: www.vialsafe.com

Insulin Chiller

Keeps insulin cool for travel

Web: www.theinsulinchiller.com

Frio Insulin Cooling Cases

Web: www.frioinsulincoolingcase.com

4AllFamily

Insulin and Medication Coolers

Web: www.4allfamily.com

Glucose Display Tech

Glucose Projector

Projects Blood Sugar

Web: <https://glucoseprojector.com>

Glowcose

Sphere that glows different colors corresponding to blood sugar levels.

Web: www.glowcose.com

Sugar Pixel Custom Type One

Secondary glucose display.

Web: www.customtypeone.com/products/sugarpixel

Medical Alert IDs

RoadID

Wearable medical apparel. Get 20% using the below link

Web: <https://www.roadid.com/pages/groupdiscount?rfsn=8748336.cc0cb3>

Lauren's Hope Medical Alerts

Wearable medical alert jewelry.

Web: www.laurenshope.com

Other/Miscellaneous

Buzzy Bee for Shot Pain

Shot pain relief wearables.

Web: shop.paincarelabs.com/collections/buzzy%C2%AE

Glow Gummies

Fast acting glucose-and yummy too!

Web: www.glowgummies.com



T1D Apps & Games

Apps and games make T1D management more engaging. Explore digital tools that support glucose tracking, carb counting, and learning.

T1D1

Insulin calculator. *A must download!*

Glucose Buddy

Data tracking

Calorie King

General nutrition information

Tidepool

Data Management

MySugr

Diabetes data tracking

Eddii Health

Virtual endocrine care health buddy

Figwee

Visual food guide

Level One

Game that teaches T1D management

Sugarmate

Supplementary Dexcom tracking

Stash

Diabetes supplies tracker

Gluroo

AI carb counting tool

Lowcate

Automatically texts contacts educational content during a low blood sugar

Podcasts & Books

Recommended podcasts and books on T1D management and real experiences.

Diabetes Connections

Web: www.diabetes-connections.com

A Love Greater than Diabetes

A caregivers journey with T1D diagnosis

Web: <https://www.greaterthant1d.com>

Juicebox Podcast

Web: www.ardensday.com/juicebox-podcast

Sugar Surfing book

Web: www.sugarsurfing.com

Diabetic Danica

Web: www.youtube.com/user/DiabeticDanica

Additional Children's Books

Web: beyondtype1.org/type-1-diabetes-childrens-books/

Beyond Type 1

Web: www.beyondtype1.org/diabetes-podcasts

Downloadable e-books

To help you navigate all aspects of life with T1D including teen, school, pregnancy and adulthood.

Web: www.breakthrought1d.org/t1d-resources

Type One Together 108 podcast

Web: <https://www.typeonetogogether.com>

Diabetes Nerd

Web: podcasts.apple.com/us/podcast/diabetes-nerd/id1807755678

Diabetech with Justin Eastzer

Web: <https://www.diabetech.info>

Think Like a Pancreas

Web: integrateddiabetes.com/store



Travel with T1D

Traveling safely with T1D requires preparation. Here is a checklist for your travels.

- ☐ Insulin pump/infusion sets/cartridges
- ☐ Insulin (bring an extra bottle)
- ☐ Alcohol wipes
- ☐ Backup basal insulin
- ☐ Blood glucose testing supplies (meter, test strips, lancing device, and lancets)
- ☐ CGM transmitter, and sensors (if using)
- ☐ Receivers for pump and CGM (backups)
- ☐ Uni-Solve Adhesive Remover (if using CGM/pump)
- ☐ Micro USB charger
- ☐ Fast-acting glucose snacks (to prevent hypoglycemia.
Examples include glucose tabs/gels, Skittles, fruit juices)
- ☐ Water bottle (bring empty and refill after security)
- ☐ Glucagon/low blood sugar emergency kit
- ☐ Insulin Cooler (if going to a warm area)
- ☐ Medical alert bracelet (or alternative)
- ☐ Ketone testing strips or meter

Note: If traveling overseas and use an insulin pump and/or Dexcom, print the travel letters from each for security screenings.

Note: If flying carry on all your supplies. Do NOT check any with the airline.



Local T1D Endocrinologist Programs - CT/MA/RI

Specialized care is central to effective T1D management. Find regional endocrinology programs focused on Type 1 care.

CCMC (Connecticut Children's)

Web: www.connecticutchildrens.org/specialties-conditions/endocrinology-diabetes/diabetes-program

Yale Medical

Web: www.medicine.yale.edu/pediatrics/endocrinology/cdp

Joslin

Web: <https://joslin.org>

Baystate Health

Web: www.baystatehealth.org/medical-services/pediatrics/pediatric-specialties/pediatric-endocrinology-diabetes

Hasbro Children's

Web: www.brownhealth.org/centers-services/pediatric-endocrinology-and-diabetes-center

T1D Supply & Financial Aid

Financial support can ease the cost of diabetes care. Explore aid programs and resources for affordable supplies and technology.

Lilly Cares

Web: www.lillycares.com

Novo Nordisk Cornerstones4Care

Web: www.cornerstones4care.com

Sanofi Patient Assistance

Web: www.sanofipatientconnection.com/patient-assistance-connection

TK Type 1:

Web: www.tktype1.org

Insulin for Life USA

Solicits extra supplies and distributes them to disaster areas/areas of need

Web: www.iflusa.org

Pediatric Assistance Fund

Web: www.healthwellfoundation.org/fund/pediatric-assistance/

The Embrace Foundation

Web: www.theembracefoundation.org

Dexcom:

Web: assistance.dexcom.com

United Healthcare Children's Fund

Web: www.uhccf.org

Healthwell Foundation

Web: www.healthwellfoundation.org

Pip

Web: hellopip.com/pages/pip-assist-program

Advocacy

Advocacy strengthens T1D awareness and access. Learn about organizations driving progress through policy and public engagement.

Breakthrough T1D Advocacy

Web: www.breakthrought1d.org/advocacy/

#SeeTheSigns Campaign

Web: www.beyondtype1.org/seethesigns/



College Students & Young Adults

Transitioning to independence brings new T1D challenges. These resources support students with accommodations, care, and community.

Elbowbumpkid College Resources

Web: www.elbowbumpkidinc.org/programs-college-student

College/University with Type 1 Diabetes Link

Web: www.beyondtype1.org

6 month program for care-Blue Circle

Web: <https://www.bluecirclehealth.org>

College Chapter Network - The Diabetes Link

Web: thediabeteslink.org/join-the-community/college-chapter-network/

Safe at School

Students with T1D need informed support at school. These resources help parents and staff ensure safety and care compliance.

Section 504 Plan

Protects T1D students' rights at school.

Web:

- www.diabetes.org/resources/known-your-rights/safe-at-school-state-laws/written-care-plans/section-504-plan
- www.breakthrought1d.org/t1d-resources/school/504-plan/

School State Laws

Additional diabetes-related school protections.

Web: www.diabetes.org/advocacy/safe-at-school-state-laws

Follow T1D

Web: <https://followt1ds.org>

Mental Health & Coaching

Emotional health is integral to diabetes care. Find coaching and counseling resources designed for people with T1D.

ADA Find a Provider Resource

Web: <https://diabetes.org/health-wellness/mental-health>

Breakthrough T1D Mental Health Resources

Web: <https://www.breakthrought1d.org/t1d-resources/mental-health/>

Finding Smiles Coaching:

Web: www.findingsmilescoaching.com/

Coaching with Risely Health

Web: www.riselyhealth.com

Beyond Type 1 Mental Health Resources

Web: <https://beyondtype1.org/mental-health-type-1/>



Surveys to Help with T1D Research

Participating in research helps shape better care. Here you'll find current surveys and studies seeking T1D input.

DQ&A

<https://go.d-ga.com/elbowbumpkid-inc>

Thrivable

Web: thrivable.app/elbowbumpkid

T1D Exchange

Web: tinyurl.com/yc8crhyr

Other T1D Resources

Additional tools resources that extend beyond these categories.

Health Insurance Guide

Web: www.breakthrought1d.org/t1d-resources/insurance/

Blue Circle Health

Amazing program for ages 18+ to help navigate & fill care gaps

Web: <https://www.bluecirclehealth.org>

Free Lifetime National Parks Pass

Access federal parks at no cost for those with disabilities.

Web: www.nps.gov/subjects/accessibility/interagency-access-pass.htm

Counting Carbs

Web: <https://www.breakthrought1d.org/daily-management/carb-counting/>

Novo Nordisk Education Library

Web: <https://diabeteseducation.novocare.com/resources.html>

Kyler Cares

NYC resources & great videos for kids

Web: <https://kylercares.org/kyler-bear-and-friends>

Caregiver Guide

Web: tinyurl.com/2t5b36zr

Teacher Resources & T1D Fact Sheets

Web: www.getdiabetesright.org/#downloadAnchor

Insulin Pump Comparison Chart

Web: www.integrateddiabetes.com/
<https://www.adces.org/education/danatech/insulin-pumps/find-and-compare-insulin-pumps>

KiDS Comic: Tom and Friends' Diabetes Journey

Web: <https://kids.idf.org/education-resources/comic-book/>

Elbowbumpkid Inc School presentation

[Download from our website resources section](#)

Type 1 Caregivers

Web: <https://beyondtype1.org/type-1-caretakers/>

National Babysitter List

Web: <https://www.typeonetgether.com/t1dbabysitting>

Overcome Fear of Needles

Web: tinyurl.com/36yrxa4k



Community Tips

A collection of tips and advice from our local T1D community members:

Q: What do you wish your doctor told you the day you were diagnosed?

About the Emotional Journey

- **Adjustment takes time:** It can take years to fully feel comfortable with the new normal - be patient with yourself and your family.
- **Grief is normal:** You'll experience standard stages of grief (sadness, denial, anger, bargaining) for the loss of your simpler pre-diabetes life. These feelings are real, normal, and eventually lead to acceptance.
- **Everything will be okay:** Take a deep breath and approach it step by step. While your lives will change and some days will feel like a rollercoaster, you'll find strength and be surprised by your resilience.

About the Medical Reality

- **Complications can happen if you're not careful:** Understanding this early helps with taking management seriously.
- **Every day is different:** You can do the same things daily but still have different blood sugar outcomes - this variability is normal.
- **Get technology early:** Insulin pumps and continuous glucose monitors are game-changers for management.

Q: Please provide a tip on managing Type 1 Diabetes for newly diagnosed families

Mindset and Approach

- **You manage T1D, don't let it manage you:** It will get easier and better over time.
- **Have grace with yourself:** T1D management isn't black and white - correction ranges and carb ratios change frequently, so track information and learn as you go.
- **Ask for help:** Tell people what you need, consider therapy for stress management, and find support groups.

Practical Management

- **Plan ahead for activities:** Especially with young children - bring extra snacks just in case.
- **Get freebies immediately:** Some companies only offer starter kits within the first few months or year, and age restrictions may apply.
- **Track everything:** Document as much information as possible to help identify patterns and work with your endocrinologist.
- **Teach self-advocacy:** Help your child learn the basics and feel confident advocating for themselves when needed.
- **Example low blood sugar treatments:** Juicy Juice (15 carbs), 8oz glass of whole milk (12 carbs), 3 Starbursts (12 carbs), 2 rolls of Smarties (12 carbs), GoGo SqueeZ Appleapple (15 carbs).

Q: What app, website or blog has been helpful with managing Type 1 Diabetes?

Essential Apps

- **Sugarmate:** Can call you during low blood sugar events (helpful for nighttime), tracks BG levels/insulin/food/activities, generates reports for endocrinologists, connects with iPhone calendar to show BG on CarPlay and Apple Watch
- **CalorieKing:** Look up carb counts for favorite foods and restaurant meals
- **Figwee:** Nutrition info app with photos showing food proportions
- **SugarPixel:** Game-changer for parents - shows blood sugar numbers at all times, includes vibration pendant to wake up for nighttime lows

Online Resources and Communities

- **Facebook Groups:** T1D Mod Squad, T1D Moms, Juicebox Podcast FB Group--there are local groups as well which can be helpful but sometimes you may want to take time to digest the diagnosis first before diving into the online communities. Also remember these communities are no substitute for medical direction from your doctor and their team!
- **Websites:** Beyond Type 1, Breakthrough T1D Bag of Hope, Elbowbumpkid, Touched by Type 1 and many others referenced through this guide.
- **Podcasts:** Diabetes Connections, Juicebox Podcast



For more Type 1 Diabetes resources, visit
www.elbowbumpkidinc.org

 @elbowbumpkid_inc  @elbowbumpkid

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