

How can you help me and my family ?

- *Normalising my situation. You can invite me to snack and play-over as any other kid. My family can explain to you what things to take into account for my diabetes.*
- *By not expressing pity but showing willingness to help if necessary.*
- *By asking for information about diabetes in case you need it for a specific activity, party or other event in which you wish to include me.*
- *Don't downplay the importance of my diabetes. Even if we have adapted, we are still learning to live with it.*
- *If you want more information, the Association for Diabetes of Tenerife would love to offer it.*

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HQ LA LAGUNA

Calle Pintor Cristino de Vera, 7

Monday to Thursday, from 16.00 to 19.00h / Tuesday and Friday, from 10.00 to 13.00h

HQ LOS REALEJOS

Centro de Atención Integral a Persona con Discapacidad,
Calle San Isidro, s/n (frente a Urgencias)

Tuesdays, from 16.00 to 19.00h / Thursdays 10.00 – 13.00h

HQ GRANADILLA

Centro Cultural San Isidro,
Calle La Hoyita, 6

Mondays from 16.00 to 19.00h / Fridays from 10.00 to 13.00h

 ADT Asociación para la Diabetes de Tenerife

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 ADT diabetenerife

www.diabetenerife.org

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 922 253 906

 672 145 881

Information for family members of companions of children with diabetes



Diabetes is:

A chronic disease, which means at the moment until a cure is discovered, I will have diabetes, but with insulin and taking some care that all my family and people surrounding me can learn, I will have a normal life.

What happens at school?

During the time I am at school, I need to measure my blood sugar levels (glycaemia) to know if I am okay or if I have to take some action. If I eat the school lunches, I have to count rations of carbohydrates (bread, pasta, cereals, rice, beans...), and it is possible that during the day I will need to inject some extra insulin.

The sensor machine and the injection pens and needles are of personal use, easy to use and not bulky. My classmates will help me if they treat the moment as normal and do not become scared by what I have to do.

I can do anything (trips, sports....)

As any other kid, I like to have fun and enjoy activities outside of the classrooms. When the school programmes a trip, my family and my tutor will organise anything necessary to do it in a normal way. They must make sure I take my sensor (machine to measure my blood glucose), food with sugar in case of a low blood-sugar level, insulin and glucagon. All of the in my "special kit for outings".

When I had my debut, we thought I would never play volleyball again, but we were wrong. As soon as we had enough information from my doctor and nurse, I continued training and continued with my dreams of reaching as far as could as a sports-player.

Although sometimes, if I am not feeling well, I have to stop during a training session or a game, this does not mean that I cannot enjoy the sports I like.

You can invite me to your kid's party

You would help a lot if before the party you ask my family things such as, what I can eat freely to have more alternatives (white cheese, olives, sugar-free soft drinks...), what activities and when I can do them (running, swimming, rock-climbing...), and any other doubt that you might have.

Previously we didn't know anything about diabetes and now we are all experts.

