



Making a decision about managing type 1 diabetes

This leaflet is about **type 1 diabetes**.

It is split into sections. You do not have to read it all at the same time. Read it with someone you trust.



You can choose different things to manage type 1 diabetes.

This leaflet will help you decide what you want to choose.



There are different ways you can **check your blood sugar**.

There are different ways to **give yourself insulin**.



You can make a decision yourself about what you want to use.



Or you can make a decision with your carer or doctor or nurse.



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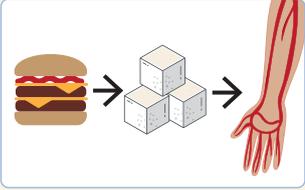
More information and support links

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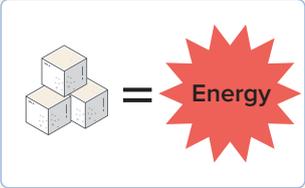


What is type 1 diabetes?

1



When you eat, your body breaks food down into **sugar** and other things. These go into your blood.



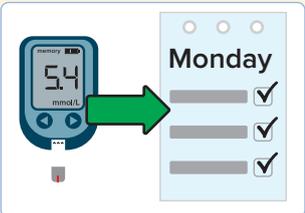
Insulin helps your body use sugar for energy.

If you do not have insulin, sugar will stay in your blood instead of making energy.



If you have **too much sugar** in your blood it can make you unwell. It can damage your eyes, heart, feet, legs.

If you have type 1 diabetes you need to:



- check your blood sugar many times a day.
-



- inject insulin every day.



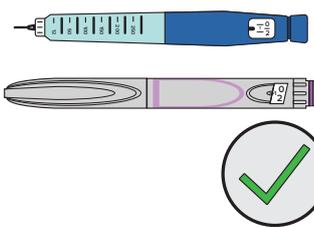
Glucose meter

Everyone will have a glucose meter



Continuous glucose monitor (CGM)

Everyone can choose a CGM



Insulin pen

Everyone will have an insulin pen



Insulin pump

Some people can have an insulin pump

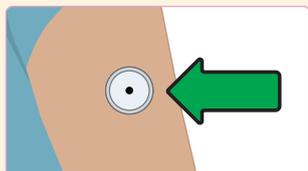


Hybrid Closed Loop system (HCL)

Some people can have a Hybrid Closed Loop system (HCL)



Answer the questions on this page. Share it with your diabetes nurses. It can help you think about what you want to choose.



I don't mind having a sensor on my arm or stomach all the time.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



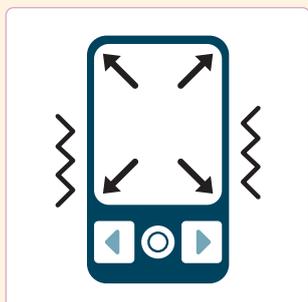
I want my carer or nurses to be able to see my blood sugar automatically.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



I want something that will sound an alarm if my blood sugar is too low or high.

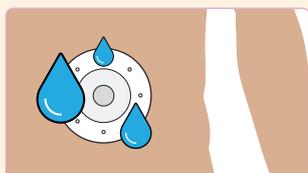
Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



I want special features like:

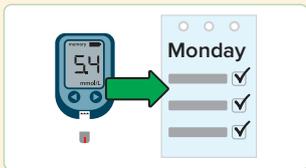
- buzzing or vibrating
- large screen
- large buttons

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

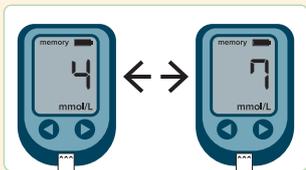


I like to swim often. I want something that is waterproof.

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



If you have type 1 diabetes you need to check your blood sugar many times a day.



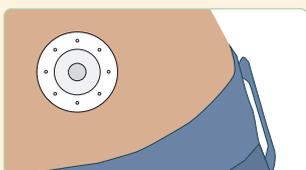
Blood sugar should be between 4 – 7 mmol/L before meals.

There are two ways you can check your blood sugar



1. With a meter

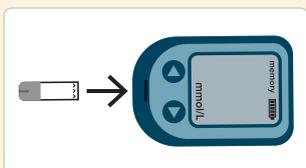
Everyone will always have a meter.



2. With a CGM device

Everyone can choose a CGM.

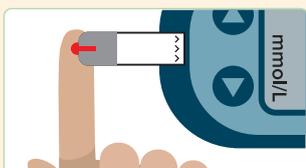
1 Meter – everyone gets a meter + sensor strips + a lancet needle.



You put the blood sugar testing strip into the meter.



You prick your finger with the tiny lancet. This is to get a tiny amount of blood on your finger.



You put the end of the sensor strip on the blood on your finger.

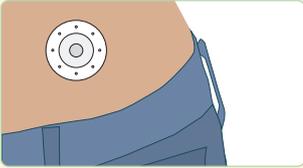


The meter shows the blood sugar number on the screen.

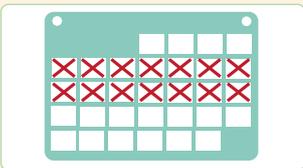


2 CGM (continuous glucose monitor) – everyone can choose a CGM.

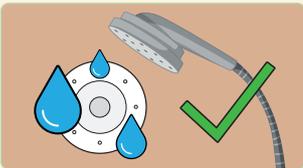
Your nurses will show you different CGM that you can choose from.



You, or your carer, or nurse will stick a **sensor** onto your arm or your tummy.



This stays on for about 2 weeks.



You can go in the shower or bath or swim with the sensor on.



You have an app on your phone or a device that 'talks' to your sensor via bluetooth.

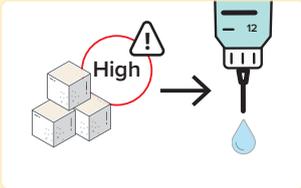
You look at the app or device any time and see your blood sugar.

There are different models of CGM you can choose.

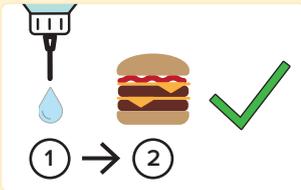
Your diabetes nurses will show you the ones that are available to you.



If you have type 1 diabetes you need to give yourself insulin.



You need to give yourself insulin if your blood sugar is too **high** when you measure it.

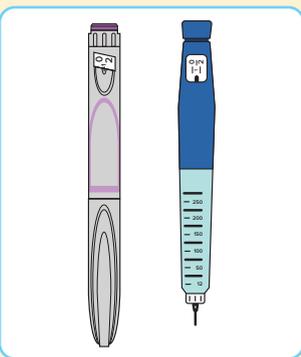


You **always** need to give yourself insulin before you eat.



Your doctor or nurse will teach you about how much insulin to use.

There are two ways to give yourself insulin



1. An insulin pen

Everyone gets an insulin pen.

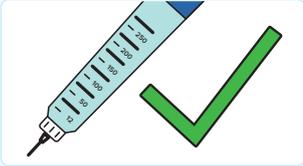


2. An insulin pump

Some people can choose an insulin pump.



1 Insulin pen



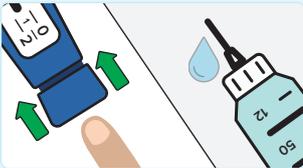
Everyone gets an insulin pen.

You need to make sure your pen is working properly before each injection.

To do this you need to:

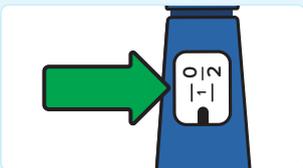


- hold the pen so the needle is in the air



- push the end of the pen to clear the air and watch the top of the needle.

A small drop of insulin should come out.



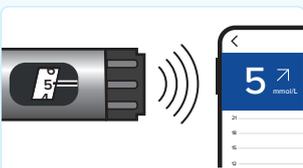
- turn the dial to the amount you need
You are then ready to do the injection.



Some pens can keep a record of the time you took your insulin.



Some pens can record how much insulin you took.



Some pens can connect to your phone and your diabetes team or carer.



2 Insulin pump

Some people can choose an insulin pump



You can have an insulin pump if you:

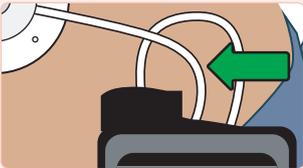
- are under 18 years old
- have HbA1c over 7.5%.
Your nurses or carer will explain what this is
- you keep getting low blood sugar when you are not expecting it
- you are trying to get pregnant



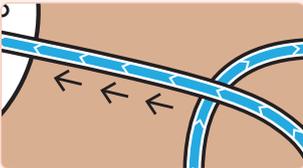
Your carer or nurse or doctor will tick this box if this is you



An insulin pump is a machine that contains insulin.



It connects to your body with a thin plastic tube.



It can give you insulin directly through the tube.



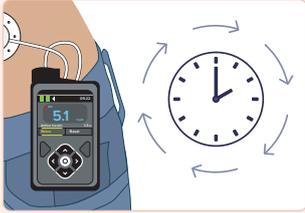
You do not need to inject as often if you have a pump.



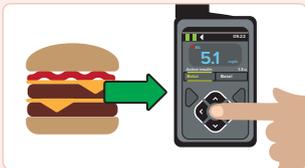
You still need to measure your blood sugar with a **meter** or **CGM**.



2 Insulin pump



You wear a pump all the time.
You can wear it on your waistband.
You can wear it in a little pouch.
You can take it off for bathing and showering.



The pump automatically gives you a **background** dose of insulin.
You need to tell it to give you insulin **when you eat**.

Do you want to try a pump?



Yes



No



A hybrid closed loop system (HCL) is a way of **measuring blood sugar** levels and giving **insulin**.

Some people can choose a HCL. Your diabetes nurse will tick this box if you can choose a HCL.



Yes



No

A HCL is when you have a **CGM** and a **pump** at the same time.



A CGM (continuous glucose monitor) measures your blood sugar all the time.



The **CGM** 'talks' to the **pump**.



The pump automatically gives you some **background** insulin.



When your blood sugar falls the CGM tells the pump to reduce or stop the insulin.



When your blood sugar rises the CGM tells the pump to give more insulin.

You still need to tell the pump when you eat.



With the HCL system you do not need to inject as many times.

Do you want to try HCL?



Yes



No



Glucose

Is a type of sugar. Our bodies digest, or breakdown our food into smaller parts like glucose.

Insulin

Helps take glucose out of our blood, into our body so it can use it for energy.

Glucose meter

A device that measures how much glucose is in a drop of blood.

CGM

Stands for continuous glucose monitor. It is a device that can measure blood glucose all the time.

Insulin pen

Is a device that measures an amount of insulin and injects it into the body.

Insulin pump

Is a machine that automatically injects insulin into the body.

Lancet

Is a tiny needle.

HCL

Stands for Hybrid Closed Loop. It is a pump + CGM together.



Information about type 1 diabetes

Easy Health has pages about diabetes in Easy Read

<https://www.easyhealth.org.uk/pages/17-diabetes>

<https://www.easyhealth.org.uk/resources/category/82-diabetes>

The UK Health and Learning Disabilities Network has some Easy Read leaflets

<https://our.learningdisabilitieshealthnetwork.org.uk/t/new-easy-read-diabetes-resource/2303>

The NHS website has a lot of information about Type 1 diabetes.

Your carer can help you read this information

<https://www.nhs.uk/conditions/type-1-diabetes/>

Know Diabetes has Easy Read leaflets about Diabetes

<https://www.knowdiabetes.org.uk/know-more/type-1-diabetes/>

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Funding NHS England

This EasyRead decision aid was created with input from easy readers and clinicians

For declarations of conflicts of interest, to see other decision support tools, or to find out more about how this one was created and where we got our numbers from, go to:

www.england.nhs.uk/personalisedcare/shared-decision-making/decision-support-tools/