
MOVING ON...WITH DIABETES

TRANSITIONING OUT OF PROVINCE

What an exciting time - moving to a different province for university, community college, or a job! Moving away from home and all the familiar things and people can be exciting and a little scary all at the same time. We want to make sure you are prepared, especially about the things you need to think about for your diabetes self-care.

TIPS TO HELP YOU LIVE INDEPENDENTLY

- Write down important contact names and numbers.
- Think about what you would do if you needed something after hours, where do you turn?
- Be prepared - have a copy of your **Sick Day Plan** and supplies on hand.
- Have a list of all your diabetes supplies and make sure you have the extra supplies you may need to prevent running out unexpectedly; e.g., pump supplies.
- Have a “low blood glucose food stash,” and keep it in a safe place. Let others know why and what it is for.
- Think about who you want to tell about your diabetes, so you feel safe knowing you have help when needed - a roommate, new friends, your employer, etc.
- Refer to your **Moving On...With Diabetes Handbook**, as it contains helpful information for young adults living with diabetes.
- Find out what other resources you could access such as local Canadian Diabetes Association branches and local support groups.

MOVING OUT OF PROVINCE CHECKLIST

- ☐ Health Card
- ☐ Sick Day Plan and Supplies
- ☐ List of Diabetes Supplies and Prescription
- ☐ **Moving On...With Diabetes Handbook**