

## How to support someone who has diabetes

Diabetes can harm a person's health if it is not managed well. Some people need support to help them stay healthy.

These resources are for the families, carers and supporters of people with intellectual disability. The resources explain:

- type 1 and type 2 diabetes
- insulin
- how to respect privacy
- blood sugar
- medical visits you can expect
- food and exercise
- how to plan for things like being sick and going on holiday.

Everyone is an individual. Different people need different kinds of support. These resources give general facts. The person you support should talk to a doctor if they are worried about their health.

## We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

**This resource was made by**

## Queensland Centre of Excellence in Intellectual Disability and Autism Health

QCEIDAH uses clinical practice, research and education to make health care fairer for people with intellectual disability and those on the autism spectrum.

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