

Adult Type 1 Toolkit



To fill an important gap in resources for adults with type 1 diabetes, JDRF has introduced the JDRF Adult Type 1 Toolkit. Written by adults who have type 1 diabetes themselves, the Toolkit is a personal guidebook to life with diabetes. It aims to help adults live well with the disease by providing a wealth of information and resources about the diagnosis and management of type 1 diabetes. It also covers issues surrounding specific life stages and situations, such as relationships and marriage, pregnancy and children, the workplace, and complications.

The Adult Type 1 Toolkit includes:

- Tools for adjusting to various situations and life stages
- Tips for managing day-to-day life with diabetes
- Practical medical information
- National and local resources
- Discussions on the disease's economic, psychological, and social impact
- Diabetes research information and history

**Get your copy today by visiting
www.jdrf.org/adults**

